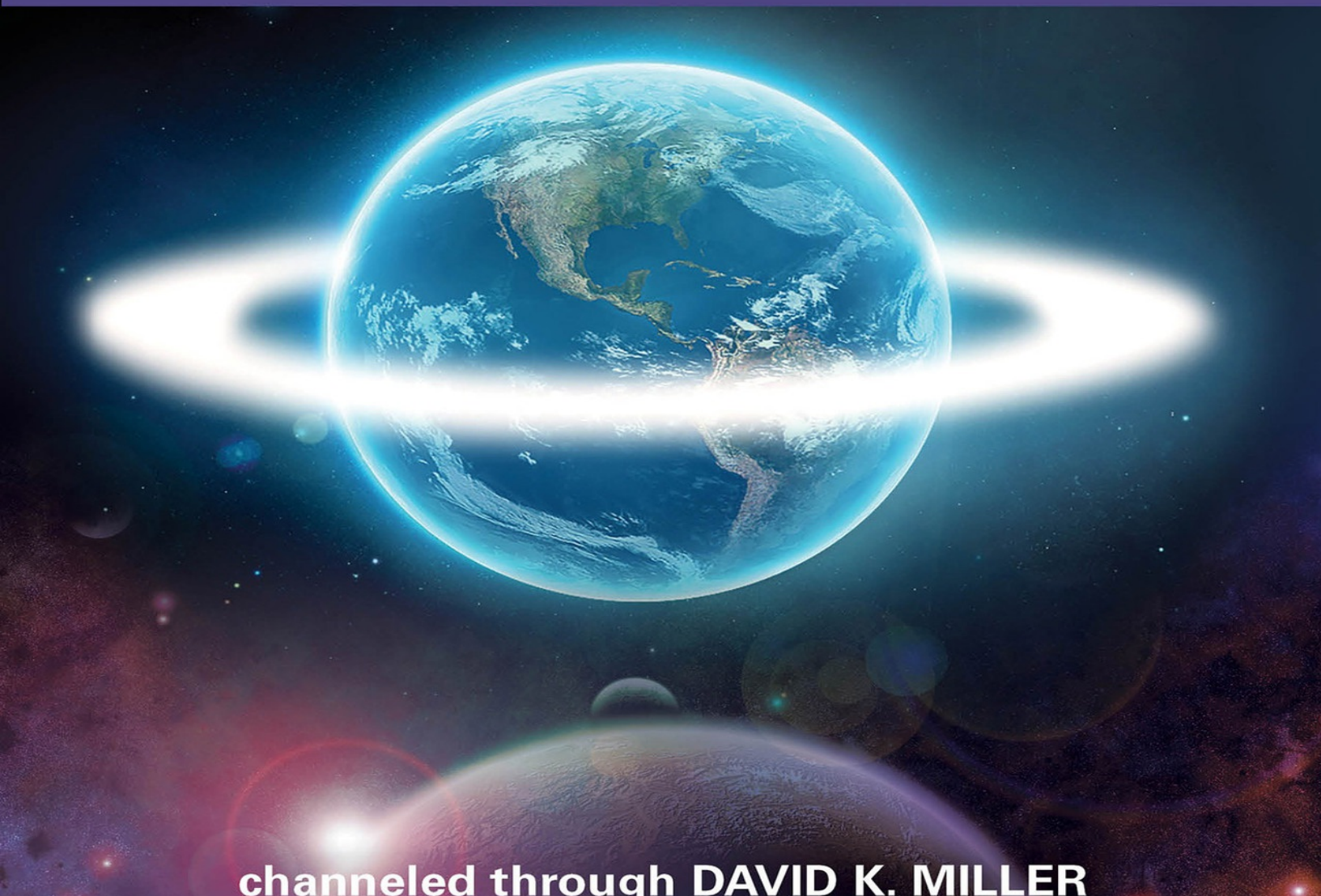
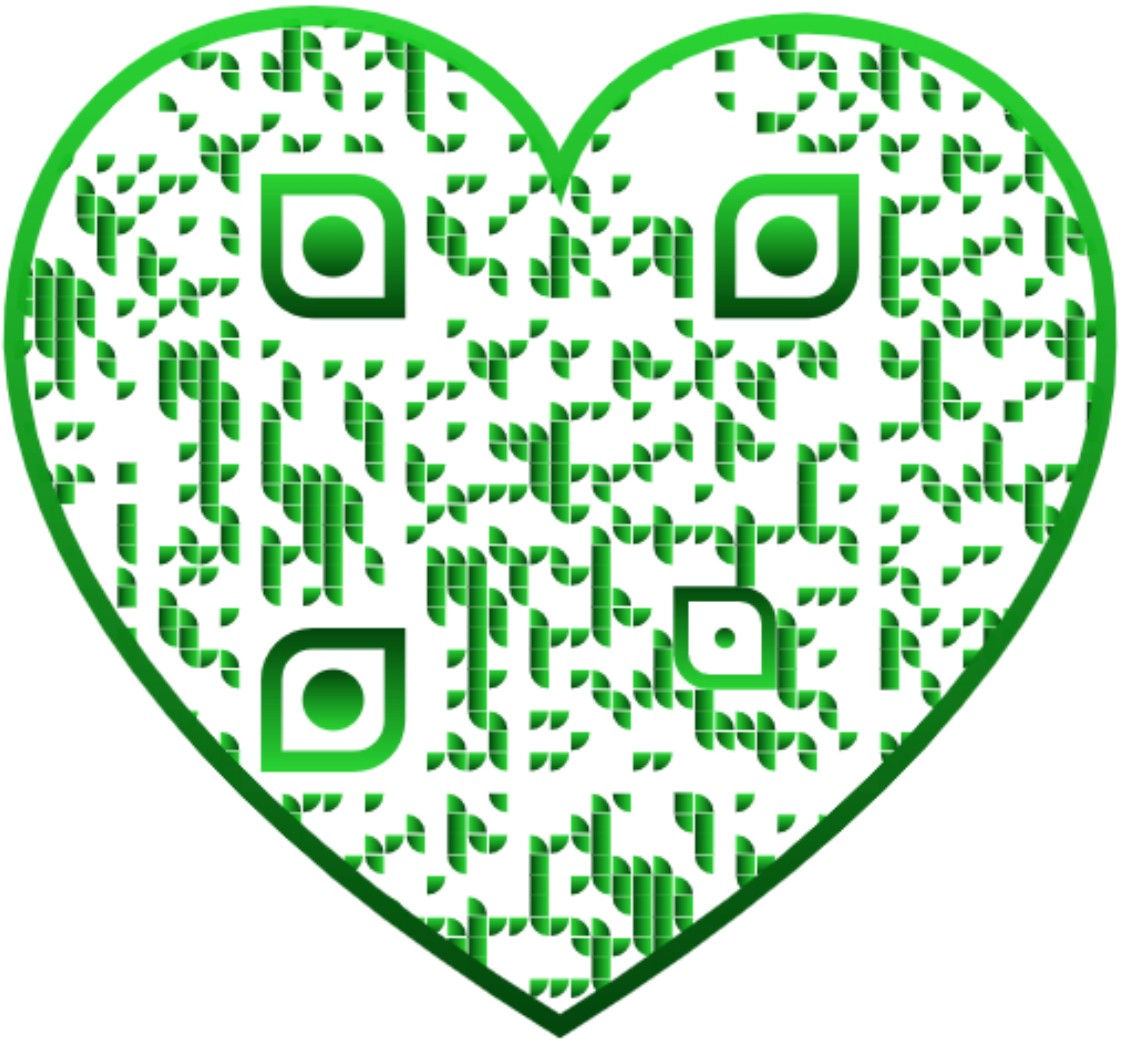
Connecting with the Arcturians 5

ARCTURIAN COSMIC CONSCIOUSNESS FOR PLANETARY REPAIR



channeled through DAVID K. MILLER



Connecting with the Arcturians

5

USE ARCTURIAN COSMIC CONSCIOUSNESS FOR PLANETARY REPAIR

channeled through

David K. Miller

Light Technology PUBLISHING

About the Book

Is Earth’s crisis part of a cosmic drama? The Arcturians address this question and provide a new galactic perspective. Other planets they have visited have also gone through the type of crisis we are now experiencing. Further, the same kinds of polarizations and conflicts have occurred in the developmental cycles of other planets throughout the galaxy.

Human evolutionary change includes understanding that we are biomagnetic beings of light who possess subtle energetic bodies that interact with galactic forces. Along with other tools found in this fifth volume, the Arcturians offer a subtle-body exercise called shimmering that helps us raise our spiritual vibration. It can even be used to protect us and our auras from the coronavirus.

The evolutionary changes necessary for solving this crisis must be addressed both personally and planetarily. This book offers a wide range of techniques, interventions, and explanations to help make sense of the current planetary crisis. It addresses the issue of how the reader, as a starseed, can contribute to solving planetary imbalance.

About the Author

David K. Miller is the director and founder of an international meditation group focused on personal and planetary healing. He has been the director of this global healing group, called the Group of Forty, for more than fifteen years. David has been developing groundbreaking global healing techniques using group consciousness to help heal areas of Earth that need balance, restoration, and harmony. The technique he uses with his group work is called biorelativity, which uses group consciousness work to restore Earth's feedback loop system, a complex planetary system that maintains the correct balance of our planet's atmosphere, ocean currents, and weather patterns.

David's meditation group has more than 1,200 members worldwide. In addition to his lectures and workshops, David is also a prolific author, having written fifteen books and numerous articles on Earth healing techniques. Several of his books also have been published in German and Spanish.

David works with his wife, Gudrun Miller, who is a psychotherapist and visionary artist. Together they have conducted workshops in Brazil, Germany, Australia, Mexico, Argentina, Costa Rica, Spain, New Zealand, Belgium, and Turkey. David's foundation for this work lies in his study of and connection to Native American teachings and his intense research in mysticism, including the Kabbalah. He also has an avid interest in astronomy and Earth's relationship to the galaxy. To learn more, go to GroupofForty.com.

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Introduction

The Evolving Human

David K. Miller

I began channeling the Arcturians in 1995, so I have been working with them for over twenty-five years. During this time, I have channeled and published twenty books and over 200 articles based on their teachings. The main theme in all this channeled material has been repairing Earth's imbalances and preparing for humanity's evolution to a higher state of consciousness, which is often referred to as fifth-dimensional consciousness.

It appears that the state of Earth's health continues to decline. The coronavirus pandemic, which began in late 2019, continues to create major economic, social, political, and health problems around the world. From earlier channelings in 1996, the Arcturians said that having a strong immune system would be one of the most important advantages for survival as we approach and experience Earth's crisis. It appears this was a correct assessment, as Earth is now in a planetary crisis. Very few world leaders have publicly acknowledged that the planet is in crisis, which is evidenced by these signs:

- Mass extinction events of plants and animals are taking place across the planet.
- Plant and animal habitats, including forests and oceans, are being destroyed.
- Terrible pollution could potentially cause the deaths of oceans.
- Extreme radiation from nuclear accidents permeates the water, land, and air.

In other words, the biosphere — which is the life-support environment of our planet and produces oxygen, food, and water — is in danger of collapsing. How are we to stop this crisis, and what roles do the Arcturians and Arcturian starseeds play in solving this problem? Starseeds are awakened people who have experiences and memories of lifetimes on other planets. The Arcturians report that planetary systems besides Earth have gone through similar developmental crises. It is time that all Arcturian starseeds on Earth awaken and remember the lessons, information, and knowledge they gained from their previous planetary experiences.

The Solution: Raise Consciousness

Overall, the Arcturians believe the solution to the crisis lies in raising humanity to fifth-dimensional consciousness. They have said that one of our roles as Arcturian starseeds is to help move the *Homo sapiens* species to the next stage of evolution: *Homo omega*.

What is *Homo omega*, and how can raising human consciousness accelerate Earth's repair? These are some of the themes covered in this book, and specific information is offered on how to protect our energy fields — such as from the coronavirus — as we develop and work together to heal the planet. This new edition also gives further instruction on how to use higher thoughts to manifest planetary solutions.

The year 2021 is a pivotal time in which we can fulfill our mission to repair the planet. One important aspect of planetary-repair work lies in starseeds working together in planetary healing groups. To further this goal, I have established planetary healing groups, called Arcturian Groups of Forty, around the world (for more information, see GroupofForty.com). We have established these groups in many countries, including Spain, Brazil, the United States, Australia, Germany, New Zealand, and Argentina. Spain in particular has developed a large planetary healing group centered in the city of Sant Pere de Ribes, near Barcelona. I have helped this group establish an Arcturian school that focuses on the Arcturians' many lessons.

This book is the fifth volume in a series focused on the theme of connecting with the Arcturians. Although it will help the reader to have read the first four volumes, this fifth volume stands alone and can be easily understood and appreciated by itself.

Connecting with Arcturian energy and higher thoughts has been my

spiritual mission for the past twenty-five years. Communicating their thoughts and ideas has helped me focus on such powerful concepts as karma, viewing humans as electromagnetic beings, and the evolutionary crisis humanity faces.

The transition from *Homo sapiens* to *Homo omega* means humanity must learn about cosmic consciousness. Several new paradigms for embracing cosmic consciousness are offered in this volume, including the symbols of the Sacred Triangle and the Arcturian cosmic cross.

New Perspectives, Techniques, and Interventions

The momentous year of 2020 was part of the unfolding of this planetary crisis. The stakes are high, because if the planetary crisis is not resolved successfully, the Arcturians suggest that our biosphere could collapse. This is Earth's way of urging humanity to change its behavior, or human dominance over the planet — which is leading to the potential collapse of life on Earth — could be eradicated.

New ideas about how planetary meditation can help reverse this crisis are offered in this volume. The Arcturians advocate using planetary healing groups. Meditations conducted by Group of Forty healing groups are called biorelativity exercises. Biorelativity suggests that powerful group-healing thought patterns can influence the spirit of Earth to help balance out-of-control weather patterns, karma, volcanic eruptions, and even earthquakes.

Human evolutionary change includes understanding that we are biomagnetic beings of light who possess subtle energetic bodies that interact with galactic forces. The Arcturians offer a subtle-body exercise called shimmering that helps us raise our spiritual vibration. It can even be used to protect us and our auras from the coronavirus.

Is Earth's crisis part of a cosmic drama? The Arcturians address this question and provide a new galactic perspective. Other planets they have visited have also gone through this type of crisis that we are now experiencing on Earth. Further, the same kinds of polarizations and conflicts have occurred in the developmental cycles of other planets throughout the galaxy. This astounding galactic perspective implies that Earth's current experience is a cosmic drama. Unfortunately, some of those planets could not

resolve their crises successfully and self-destructed.

The evolutionary changes necessary for solving this crisis must be addressed both personally and planetarily. On a personal level, we are starseeds with the soul mission to help move humanity toward higher consciousness. We also have emotional and psychic sensitivities that require special soul psychology interventions to help us adjust to this very difficult time we are living in. In addition to biorelativity meditations, this book explains how creating planetary cities of light plays an important role in planetary healing.

This fifth volume offers a wide range of techniques, interventions, and explanations to help make sense of the current planetary crisis. It addresses the issue of how the reader, as a starseed, can contribute to solving planetary imbalance. It is my hope that the reader will gain hidden knowledge of the world and be stimulated to act as a planetary healer to help our species move to our higher aspect — *Homo omega*.

Arcturians by Gudrun Miller

Chapter 1

The Momentous Year 2020

Juliano, the Arcturians, and Chief White Eagle

Juliano and the Arcturians: During the momentous year 2020, we turned our attention to the issues in Australia and to the event known as the sixth mass extinction. The sixth mass extinction has been observed and discussed recently by anthropologists. They have concluded that, based on the analysis of a number of species and the habitats being destroyed, you are in a period of mass extinction equivalent to the previous five mass extinctions that have occurred on this planet. The most well-known mass extinction occurred approximately 65 million years ago when an asteroid of great size struck near the Yucatán Peninsula, creating fires and dust in the atmosphere that led to dying forests, plant life, and so on.

Because of the devastation to ecosystems, dinosaurs essentially became extinct. They were not able to thrive because there was no food. Approximately 10 percent of the plants and animals survived. Biologists and anthropologists have concluded that this event provided opportunities for other mammals, including humans, to evolve and eventually become the dominant species on the planet. This process took millions of years. If the mass extinctions of dinosaurs had not occurred, then humans and other mammals would not have had the opportunity to evolve on Earth.

The important factor is that humans, the *Homo sapiens*, are the dominant species on the planet. All life in all ecosystems — the animals and plants in oceans, jungles, forests, and so on — depend on what humans do or do not do. Survival during the sixth mass extinction depends on what humanity does.

There is some controversy among political and social groups about whether you are experiencing a mass extinction. Changing human consciousness can stop it. That is correct: This mass extinction can still be stopped; it can be altered. But based on the current situation, there is no indication that the actions being taken are sufficient.

Predictions vary on how soon the mass extinction will be completed, and some predictions relate directly to climate change. Climate change is a major factor, but it is only one factor. It has certainly created dramatic shifts throughout the planet, causing warming as well as cooling. In the Northern Hemisphere, there have been less dramatic shifts in warming than in other parts of the planet. Misunderstanding about the cooling effects of global warming has lead to denial and resistance from people believing a mass extinction is not really taking place.

Extinction Events

From the human standpoint, there are several important spiritual and energetic points to observe. The psychic energy of a planet going through a mass extinction is tragic, depressing, and traumatic. As starseeds, you are very sensitive, and the energies of mass extinction events go into the noosphere — the psychic energy field of the planet. This means you pick up some of this energy. It affects you and Earth's energy field. There has been a lot of discussion about whether Earth will survive. Earth will survive; it will not become extinct.

However, this is different from the first five mass extinctions, partly because radiation contamination, nuclear energy waste, and other poisons exist in the ecosystems, which can be quite devastating and possibly result in the total collapse of biosystems. Several predictions suggest that if the situation continues as it is, ocean life could collapse.

We have discussed the devastating effects of the Fukushima accident. This accident rates very high on the planetary event scale. We rate events that contribute to global destruction on a one-to-ten scale, similar to the Richter scale. We consider the Fukushima event an 8.0. In other words, it has the potential for causing massive global destruction. All the destruction expected from this event has not yet happened because of the slow discharge into the ocean.

The Fukushima accident was not a one-time event. While the initial

release of radiation was absorbed and did not necessarily cause a lot of damage, it continues to emit at a very high rate. There is no foreseeable time when this leak will be stopped. In fact, a lot of the water used to cool the reactor, which is still active, is stored in tanks, and now the Japanese government wants to release the irradiated water from those tanks into the ocean. This is some of the most toxic water that has ever existed on the planet, and we can only speculate what harm it would do to ocean life around the world.

Canary in the Coal Mine

Australia's fires were of global significance and not limited to New South Wales, Queensland. The event continued for some time, and it is considered part of the sixth mass extinction. I have said before that Australia is like the canary in a coal mine. What happens there is a prelude to other events that will occur around the globe. Remember, 2020 was a pivotal year for shifts and changes.

Look at some of the fires that happened, and ask yourselves: "How will the biosphere recover? How can the biosphere and life exist in such ferocious fires?" It is possible to recover, and there will, of course, be recovery. Equally important is the fact that this event affected the entire planet, but the entire planet did not respond. The problem is still viewed as isolated.

We, as planetary healers, and you, as Arcturian starseeds, are using our highest consciousnesses and highest energies to positively program the noosphere for the omega man/woman to support unity consciousness and ascension. But negative programs also exist in the noosphere, because other people besides starseeds input energy. Many people who negatively influence the noosphere do so unconsciously.

Certain programs are triggered by negative actions now on the planet, setting off a chain of destructive events throughout Earth. When the Amazon burns, for example, this event also triggers mass extinction. Believe it or not, a causal relationship exists between the burning Amazon jungle and what has occurred in Australia. Because of the Amazon fires, certain global wind patterns have shifted.

Some Earth meridians contain blockages. Many species are threatened. If a particular number of whales die, global destructive events are triggered. When a certain number of dolphins perish, earth events are triggered. We

have periodically seen many dolphins commit mass suicide. Scientists are not able to understand what is wrong with these dolphins. Is there a disease, or are they mentally ill? The answer is that dolphins and whales are very sensitive to the noosphere and to planetary input of the sixth mass extinction. They are sensitized to the energy of the sixth mass extinction.

Mitigation

Clearly, Earth knows how to act in a mass extinction, as there have been five others. Earth has processed the energy and reinstituted and reseeded certain biospheres for successful life. An activation energy field now exists within the noosphere, in Earth's spirit, that says: "We are now in a mass extinction event." When that program of mass extinction is activated, situations such as the fires in Australia become intensified. The mass extinction program locks ocean currents or wind patterns that allow mass extinction planetary events to continue. This must be addressed on a planetary basis.

The planet is reacting to and playing out the program of mass extinction in part because of the destructive triggers that have occurred over the past years. I only mentioned two such events, the Fukushima nuclear accident and Amazon fires. But other humanmade, destructive events can be added to this list contributing to the blockages in and damage to Earth's meridians.

What is going on in Australia is not the fault of Australians. It is not necessarily a karmic payback for anything that Australians have done. Again, we have a global perspective. The sooner we convince the world that this is a global threat, the better. The entire world must react. Then the fires can be extinguished and the winds can calm. Part of the solution to this event is to recognize that we are in the sixth mass extinction. The Australia fires are an aspect of this event, and global consciousness and intervention in Australia are needed to stop this.

Here is a warning: What is happening in Australia can happen in other parts of the planet. I know some of you like to use the term "wake-up call." I am concerned that too many people on the planet are not listening and do not consider this a global event.

Chaos Theory and the Butterfly Effect

Chaos theory and the butterfly effect are extremely relevant to the situation in Australia. The idea behind chaos theory is that things tend to disintegrate, and there is movement toward chaos and disintegration. This is contrary to the theory that energy is neither created nor destroyed.

In planetary chaos theory, certain levels of destructive elements occur. When this reaches a breaking point, unusual and unpredictable patterns emerge that can lead to chaotic situations. Few people predicted the magnitude of the fires in Australia. The butterfly effect posits that once a situation on a planet reaches a certain level of degradation, unpredictable events are triggered.

According to chaos theory and the butterfly effect, events of seeming insignificance can cause major disruptions anywhere on the planet. The Amazon rainforest is considered the lungs of the planet, and its destruction could change global wind currents. Think about the "lungs of the planet" and what that means for Earth. Lungs breathe — exhale and inhale. This has now shifted and changed. Thus, Earth could reach a breaking point at which even a butterfly suddenly shifting its flight from northeast to southeast can trigger disasters of unknown proportions throughout the planet.

In the butterfly effect, seemingly random and unpredictable events occur. Would anyone relate the fires in the Amazon jungle to the fires in Australia? They don't seem related. In chaos theory, seemingly insignificant events can trigger catastrophes. People should consider the butterfly effect when analyzing the cause of the fires in Australia. There exists the potential in 2020 for other types of catastrophic planetary events. [**Editor's note:** This information was channeled in January 2020.]

New-Thought Download

There are great discussions about ocean currents and wind patterns coming from India and Indonesia. Rains that were supposed to go to Australia fell on Indonesia. There have been great floods in Indonesia, and they have too much water. There needs to be a reversal of the ocean currents and wind patterns so that the rains that normally go to Australia do so again.

By using biorelativity, we can reduce the intensity of events. That means we have to acknowledge forces that have been set in motion and that they need to play out. For example, a volcano needs to release energy force. In terms of planetary healing, we want to moderate the release of energy; we do

not want a full-blown, planet-ending eruption. Yellowstone National Park in the western United States has a huge supervolcano. If that supervolcano erupts, it could potentially destroy the entire western part of the United States. That tremendous energy field needs to release in moderation so that it does not explode and cause massive destruction.

Advanced planets can control all types of planetary events. People say you cannot control nature; you also cannot tell Earth to stop a volcanic eruption. Humans cannot control the planet, yet they affect the planet in a negative way. People are causing this mass extinction, and the mass extinction affects the biosphere. The energy and thought fields of mass extinction affect wind currents and ocean currents.

The people doing biorelativity on a fifth-dimensional planet have the wisdom to intervene in the proper way. They take into consideration how to meditate and ask the planet in proper ways to rebalance itself so that equal amounts of rain fall on all parts of the planet. In biorelativity, we do not ask that all rain stop in one place but that there be a rebalancing and an evenness.

Rest assured that interventions for events such as the wildfires in Australia exist, but to be most effective, they need to be conducted on a global platform. We recommend a global meditative intervention, because the more that people all over the world work with us, the stronger the input into the noosphere will be. The noosphere can be reprogrammed. We can collectively affirm: "We do not want the sixth mass extinction. We do not want all the forests destroyed, and we do not want the oceans to die. Humans have the ability to repair the planet."

We are working with starseeds to repair Earth. A new thought program can be downloaded into the noosphere, but it has to be done in a strong way and with the greatest thought power. This is why we have continually emphasized that the Group of Forty needs 1,600 starseeds meditating on the noosphere and on the necessary planetary repairs.

Meditation to Heal the Planet

Chief White Eagle: [Chants]: "Heya hoa hey, heya ho." Greetings, I am Chief White Eagle. We, the Group of Forty and the Native ascended masters, are gathered here today to talk to Mother Earth, work with the noosphere, and bring our spiritual powers together to rebalance the energies in Australia and other energies that are known as the sixth mass extinction. [**Editor's note:**

Though this meditation was channeled for the fires in Australia, you can alter the words to apply to any current event.]

Mother Earth, Father Sky, we ask for a great blessing of peace and balance for our dear Australia. We ask from the bottoms of our hearts, from our highest crown chakras, and from the highest arcan power to minimize the winds, bring needed rains to all areas suffering, and help repair the weather pattern creating this disruption so that it more favorably helps to extinguish all fires on the continent of Australia.

[Chants]: "Heya ho, heya ho." Mother Earth, we recognize the great abuse that has been placed on you, particularly the devastations in the Amazon, the radiation released throughout the oceans, and the many Earth meridians that have been blocked. We know, Mother Earth, that you have the power to help repair the weather patterns to rebalance and clear all smoke, ash, and other disruptions caused by strong winds. We know this is within your power. We, the Group of Forty and our Australian starseed friends, are gathered here today to ask for this intervention as soon as possible.

We create a gigantic medicine wheel of light over Australia, and we center it over the etheric crystal in Grose Valley near Sidney. We call on the ancient grandmother-grandfather spirits and ask for their help in rebalancing and saving the lands and stopping these horrendous fires.

Let the etheric Arcturian crystal in Grose Valley rise up. We feel that it and the ancient grandmother-grandfather spirits are with us. We open our hearts and call on Mother Earth for repair and rebalancing, and I call on Juliano and the ascended masters to bring down healing to immediately repair the energy in Australia. We will go into meditation now, as all these forces interact to shift the energies for the highest good for Australia.

[Chants]: "Heya ho, heya ho, heya ho." Let the rain patterns shift now from the area of Indonesia and realign to bring rains back to Australia. [Chants]: "Heya ho." Let the winds calm. And we say to you, Mother Earth, that we will work for raising the consciousness of all Australia and the globe. This is not a single external event; rather, it is part of a global pattern. Let those in power on Earth realize the global crisis the planet is now in.

[Chants]: "Heya ho. Heya ho." Visualize this medicine wheel over Grose Valley. Envision it now over all Australia where there are fires — New South Wales, Queensland, and Sydney. Earth can heal. Wherever this etheric medicine wheel is, let the repair begin. [Chants]: "Heya ho, heya ho." I will leave this etheric medicine wheel over Grose Valley. It expands and contracts

over any part of Australia that needs repair.

We, as planetary healers, work to repair this energy creating the sixth mass extinction. Earth does not have to respond to the thought field of mass extinction. We help to create a more positive, expansive, and healing thought field for all life on Earth, for our beloved Blue Jewel. I am Chief White Eagle. All my words are sacred. Ho!

Change Done by One

Juliano and the Arcturians: This is Juliano. Know that planetary balance and healing will prevail. In advanced biorelativity, we work with global consciousness and the entire planet. The ultimate solution is to rebalance all Earth and all meridians, working for global healing.

The most important lesson from Australia's fires is that it is a global problem. We must, in our meditations of advanced biorelativity, work with the whole planet to rebalance her in all the ways we can imagine, including her meridians.

One butterfly changing direction can affect the whole planet. This is also true: The influence and power of a single person or a small group can shift many different levels on this planet. And so it shall be.

Chapter 2

Earth’s Status of Planetary Development

Juliano and the Arcturians

To understand the development of a civilization, a galactic perspective is needed. We have traveled around the galaxy and visited many other planets, becoming involved with them in the same way we are now involved with Earth. We are consultants and counselors who communicate telepathically as ascended teachers or masters from the fifth dimension.

With other planets, we have been observers and not fully involved in their processes. This is part of our role as galactic anthropologists. We find it beneficial to observe some planets and their development without the need to interfere or directly guide them.

The Galactic Council has called on us to become instructors, teachers, and consultants for the development of higher consciousness on Earth. We have also been asked to assist in Earth’s development into expanded consciousness with the hope and expectation that our work, along with that of other ascended masters, will contribute to your planet completing stage one of planetary development and moving on to stage two, which has many complicated and important sub-stages.

Earth is now experiencing a conflict that must be resolved in order for the planet to complete stage one. This conflict is between spiritual wisdom and modern technology, resulting from many different sub-stages that have occurred over the evolution of humanity — especially the past 1 million years, particularly the past 6,000. Some reasons might even go back as far as

50,000 years. The rate of acceleration of technological development has been fantastic over the past 30 years. The sub-stages include the humans or species developing fire, developing speech, and burying their dead. These are important signs of any evolving species moving toward higher consciousness.

Use Technology with Caution

The ability to make tools and use them for farming as well as warfare is another important stage of development, and the ability to move from hunter-gatherers to farmers living in groups in villages, cities, states, and countries is another stage of development. We also see the technological aspects of the species' development with jet and rocket propulsion.

Unfortunately, as technologies develop in any culture or civilization, there is always the risk that they could mean efficient war and militaristic conquest. Technology can also be misused without militaristic conquest and might still lead to the destruction of a civilization. This scenario has occurred in Atlantis. The Atlanteans were destroyed from the misuse of their own technology, similar to a civilization destroying itself through nuclear power accidents. Fukushima and Chernobyl demonstrate that. The Atlanteans misused a type of technology related to high-energy crystals and solar and hydrogen technology to produce energy. They did not understand that it could get out of control. It did and led to the destruction of their continent. This traumatic experience is recorded in your DNA. Many Atlanteans reincarnated to this Earth time and are keenly aware of the destructive potential of modern technologies.

Moving on to planetary stage two involves the development of a propulsion system that allows people to leave or explore outside their planet. The drive to explore other planetary systems is inherent in your DNA. You have a survival impulse, and your DNA contains memories, information, and visions of other planetary systems in this galaxy.

It is well-known that there is an inherent cosmic danger in the galaxy, and it so happens that Earth resides in a relatively quiet part of the galaxy. Earth is two-thirds away from the galactic center in an outer spiral, or arm, of the Milky Way. Not many cosmic explosions or cosmic events can be destructive in this part of the galaxy.

There have been what are known as death stars in certain parts of this galaxy or other galaxies. There have been cosmic explosions emitting lethal

gamma rays, which in one instance destroyed all planetary life 100 light-years away from the origin of that explosion. This explosion happened recently, but it was in another galaxy. Think about the magnitude of and potential for destruction of one death star explosion releasing lethal gamma rays that destroy all life within 100 light-years. Fortunately, the Milky Way galaxy is not going through anything like that now, especially where Earth is — in an isolated and relativity safe zone in the galaxy. This is all positive. Nonetheless, even in this section, there were planets that destroyed themselves.

Avoid Ecocide through Spiritual Wisdom

Ecocide, the unnecessary destruction of the natural environment by pollutants or through war, is widespread throughout the galaxy. About 500 million years ago, there were advanced civilizations that became competitive and enlisted in military conquest, which led to the destruction of one planet. Residents of that planet, who were highly advanced, were able to escape and colonize other parts of the galaxy, including Earth. These beings escaped planetary stage one conflicts of their planet.

Earth is near the end of planetary stage one and is in the middle of a conflict that involves the destruction of planetary resources and the potential destruction of the biosphere. But there is potential to overcome these conflicts and move on to planetary stage two. This involves balance, stabilization, and spiritual interaction with the planet. A planet in stage two has committed to spiritual wisdom and found balance between this and technology. This balance can stabilize the environment, including earthquakes, volcanic eruptions, erratic storms, and all diseases or pandemics. The people on a stage two planet have the ability to create propulsion technology and can travel outside the planet to colonize civilizations on other planets in different parts of the galaxy, ensuring their survival if there is any type of planetary catastrophe on their home planet.

The conflict in stage one is between spiritual wisdom and technology. In stage two, spiritual wisdom is in balance, whereas right now on Earth, it is around 15 percent, and technological balance is 85 percent. Technology is not being counterbalanced by spirituality. There is no spiritual understanding of unity consciousness and holographic energies or how to live in a balanced and spiritual relationship with the core of Earth (Gaia). These are all

requirements for the successful completion of stage one.

Create a Just Society

A just society is an important concept that has a long philosophical history on this planet. It has been described in mythologies such as the stories of Shangri-la or Shambhala, and it has also been described in the Western religious traditions known as the kingdom of heaven being manifested on Earth. The just society is involved in the fair distribution of wealth, the equitable distribution of food, and the equalization of harmony and balance throughout the planet.

This includes harmony and balance among all the different groups as well as with the biosphere and all plants and animals on Earth. This is a huge role, and the history of the just society and its acceptance has been dismal on this planet. There have been attacks on people who promote this idea and the perpetuation of fear regarding the implementation of a just society on this planet. I understand that there are many political reasons for this fear, but it is necessary to complete stage one of planetary development. A just society protects the biosphere, is environmentally sensitive, and watches out for the misuse of energy sources on the planet.

Misuse of energy source technology led to the destruction of Atlantis. There are numerous nuclear plants throughout the planet, especially in the Western world — possibly as many as 160. There is a huge need for energy, and current technologies with fossil fuels are creating multitudes of problems throughout the planet. Many scientists and economists believe that nuclear energy is a solution to fulfilling energy needs on the planet.

But our experience is that nuclear energy is a primitive type of fuel, and it is also highly dangerous. I have seen planets use nuclear energy, but none have been totally successful. In at least three other cases that I have personally observed, the use of nuclear fuels has led to the total destruction of the planet. Nuclear accidents created an uninhabitable planet due to radiation poisoning. Despite assurances by those who are using that type of energy, the dangers exceeded their carefulness and led to dire consequences.

Think for a moment about the ascended masters' concerns about Earth. Some people note that it was the Roswell incident of 1947 that marked the beginning of extraterrestrial involvement on Earth. The more direct involvement with Earth began after the explosion of the first atomic bomb.

That explosion, especially the test bomb and the ones in Nagasaki and Hiroshima, reverberated throughout the galaxy. The deaths in Hiroshima and Nagasaki were traumatic and created traumatic energy waves throughout the galaxy. It was at that point that the Galactic Council knew there must be some oversight of Earth.

Develop Interdimensional Technology

One of the dangers noted in 1947 was the possibility that people will export nuclear technology, nuclear bombs, and nuclear warfare outside Earth and outside the solar system. You are still struggling to understand how to land humans on Mars. You might be questioning the concern about transporting or exporting nuclear technology or nuclear weaponry outside this solar system, especially when it is difficult to travel to Mars. Perhaps humans' first landing on Mars will be by 2024. It would take several months to get there, and there would be problems along the way, so certainly it would seem a long time before nuclear technology could be explored. Frankly, scientists and astrophysicists are much closer to interdimensional travel than you would imagine.

You see the struggles and conflicts over people traveling to Mars, and it seems that Earth scientists are not close to overcoming the barriers of the space-time continuum. There is ongoing research in several countries on interdimensional travel. Scientists have developed a third-dimensional space technology for traveling to Mars. They are making great progress. All advanced civilizations who have graduated from stage one have developed interdimensional technology.

Interdimensional technology is a blend of propulsion-based technology that you might use to land humans on Mars. It allows you to attain a core speed. Interdimensional propulsion uses galactic Fibonacci equations. There are numerical acceleration patterns and speeds involved in numerical ratios that you might call mystical or magical. When these ratios are better understood and the acceleration propulsion is advanced enough, there will be an explosion of interdimensional travel. That might sound like great news to you, but to the Galactic Council, the Arcturians, and others overseeing and observing the development, there is deep concern.

Given the current state of development on the planet, one would assume that Earth beings, when able to travel interdimensionally, would bring

weaponry such as nuclear bombs, nuclear reactors, and nuclear ray guns. These guns can transmit nuclear radiation without a nuclear explosion to different parts of this planet or galaxy. That means that the exporting or carrying nuclear technology does not necessarily involve huge bombs. You already have the science-fiction stories about small suitcases containing nuclear bombs. This is only half the story.

The Galactic Council does not want that type of technology exported outside your solar system. There are safeguards, but the best safeguard is the evolution of higher consciousness, and the next best safeguard is the knowledge of the dangers of exploitations and the use of nuclear militaristic weaponry.

Service Is Spiritual

Everything you do for the propagation and development of a just society will help this planet graduate from stage one of planetary development. This relates to the concept of your soul mission. One of the most common questions I have been asked through this channel is, “What is my soul mission?” People usually expect discussion of their soul mission in grandiose terminology. For example, I could say, “You are to lead 10 million people toward a new awakening or development of a spiritual society.” Or I could say, “You will help reawaken millions of starseeds.” These are all wonderful goals, and I support them.

The planet cannot graduate from stage one until a just society has become dominant. That means that any of you who feel called to a spiritual mission must look at what role you are willing and able to play in the creation of a just society. It could be on a small or large level that includes commitment to service. It is well-known that one of the great antidotes for burning off negative karma is service. I am often asked: “What more do I need to do to complete my soul mission?” I tell people: “Well, one of your soul missions is to contribute to the just society, and part of that might be through the development of social programs.” It might not have the charisma or fame and fortune that some expect in terms of development of the soul mission, but I assure you that this has a magnificent potential to help with the creation of a just society.

One of the main characteristics of a just society is the equitable distribution of food so that there are no people going hungry. You are far

from being able to implement that goal. There have been many concerns, for good reasons, about the overpopulation of this planet. Overpopulation contributes to the destruction of this biosphere. It wreaks great havoc, especially in places suffering from drought and lack of food resources. But our estimation is that, despite all the growth in population, there are still enough resources to feed everyone. This points to the fruitfulness and beauty of your planet. Even with approximately 8 billion people, there still exist enough resources to feed everyone.

The problem is not lack of resources; the problem is distribution. The problem is not that there is a lack of places to grow the food but rather that there is not enough wisdom to grow the food in a balanced way. The problem is not that there is a lack of meat but rather that there are not ways to get needed protein in a balanced way. One of the major contributions to the just society is producing food in harmony with nature. This is basic, and you might not think it has a lot of spiritual significance, but I assure you that it does.

Freedom from Hunger and Disease Is Possible

Freedom from disease is a necessity in a just society, especially during pandemics. Equal access to health care is vital. There are many opinions throughout the planet about whether health care should be accessible to everyone, because what happens to the health of one part of the society affects everyone.

That has clearly been shown in the pandemic [COVID-19] because there are poor people who do not have access to health care, and they can easily spread the virus into rich and advanced parts of the world. The spread of the virus happens innocently. When you look back at the lessons from this pandemic, there will be an agreement to move toward a universal approach to health care. Currently, there is a universal approach to vaccination. The criteria for vaccinations, at least in the United States, are based on age and vulnerability, but no one is saying that it is based on economic status. People of lower economic status do not have as easy access to the tools to get the vaccination. For example, appointments can be made using the internet, and people of lower economic status might not have internet connections.

The pandemic and vaccinations have led to discussions and realizations that it is necessary to provide health inoculations to everyone. In a just

society, there is health care for everyone. Everyone contributes to the immune health of humanity.

Your mission could involve contributing to these goals. This is the nitty-gritty work of building a just society. Such service might not be dramatic or colorful, but it is important for society to achieve spiritual wisdom, sustain natural resources, and stabilize the biosphere so that it is not destroyed.

Save the Oceans

Energy needs now on this planet are met predominantly by fossil fuels. There are many arguments for and against them. There are more advanced energy systems throughout the galaxy in higher civilizations. One accomplishment of a planet that graduates from stage one is the ability to provide for the energy needs of the entire planet.

Recently, astronomers have talked about gigantic, mirror-like systems that could be stationed around a planet to gather the energy from their star, their sun. Observing a star, astronomers thought they detected blockages of the starlight in relation to a planet. Some astronomers concluded that it was a system set up by an advanced planet to harness energy from their sun. Astronomers thought the advanced planet had set up an elaborate, mirror-like system around the planet and around their sun to gather energy.

The source of all energy for this Earth is the Sun. Discovering a way to harness that sunlight more effectively could potentially solve a major problem that leads to ecocide on this planet and on all planets struggling to graduate from stage one. Humans need to develop a sustainable energy system that will not destroy the planet. It is possible to harness energy from the Sun to provide all the energy needs of a civilization.

The Atlanteans had a sophisticated system to harness sunlight more advanced than any solar panel system that now exists on Earth. However, they did not have the propulsion technology or the computer technology that you do. Unfortunately, the technology was misunderstood and misused, which led to an intense download of sunlight and a collapse and implosion of their machines. This caused an earthquake that swallowed their civilization.

Every use of external energy has risks. Imagine, for example, that rotating mirrors are placed close to the Sun, harnessing the sunlight and sending it directly to Earth. Can you also imagine how dangerous that could be if the mirrors were misaligned? You would harness unfathomably intense energies,

and a miscalculation could create catastrophic effects on the planet.

Earth is in a catastrophic situation, because at this moment, the biosphere is experiencing one of the most extreme ecocide situations ever seen. This can be measured in years until total catastrophic collapse of the biosphere. We made several predictions that the oceans have about fifteen years left, and if the suicidal behavior is not stopped, ocean life could collapse soon. The collapse of ocean life would have major effects on weather patterns and other climatic aspects still unknown to humanity.

Ocean life contributes to ocean currents, and ocean currents are changing. During 2021, you experienced some major, unusual weather patterns. This is due to the ocean currents changing. Some of the climate changes are due to the ocean warming the icebergs. Some of the weather changes have to do with the unknown relationship between ocean life and ocean currents.

When major animal groups or plant life in the ocean collapses, there will be a dramatic effect on the planet. Planets in stage two have learned to stop ecocide and create a balance that ensures meeting all energy needs without the destruction of plant and animal life. Despite the dramatic dangers and catastrophic predictions you could make based on what is happening now, Earth has tremendous recuperative powers. Using higher wisdom and higher knowledge, there could be a total reversal. This planet is capable of making a fantastic recovery, and that is the good news.

The just society and the graduation from stage one are related to higher consciousness and ascension and the fifth dimension. The key to all this change is awareness and evolution of humanity to a greater, expanded consciousness. We provide information about the galactic perspective because this will help to expand consciousness. People will realize that there are other civilizations throughout this galaxy that have gone through the same issues. Some of these planets did not make it. Our star system self-destructed, and some of you coming into awareness of your past lives in other planetary systems will remember being on a planet that self-destructed.

You Bring Wisdom

When you incarnate back to Earth, you bring with you the knowledge, information, and techniques for preventing planetary ecocide. Remember, ecocide is suicide. There are 5,000 planets that have advanced civilizations. Ten percent of those planets are on the brink of where Earth is; that means

that 500 of the planets still struggle with stage one and are in the midst of an ecocide-type of crisis. Of those 500, perhaps 5 percent will fail. Five percent of 500 is about 25 planets out of the original 5,000, but that is still a tremendous number.

The good news is that the Galactic Council and the Arcturians and other higher beings are being asked to help save this planet. We are being asked to provide as many resources as possible and as many consultations as possible to assist Earth to graduate from stage one to stage two.

Chapter 3

The Cosmic Cross

Juliano and the Arcturians

Biorelativity is spiritual work and a spiritual process. It is our belief that you, a starseed, must work to manifest spiritual energy into higher material health for the planet. To aid the process of manifestation of physical or material wealth, we have brought forth this image of the cosmic cross.

When I speak about physical or material wealth, I do not mean money or financial gain; I mean the overall health and balance of the planet. On planets that have moved from stage one development to stage two, we find an overall balance in the weather and geologic stability. These planets have no earthquakes, volcanic eruptions, or storms. In stage two, inhabitants have a good relationship with the spirit of the planet, and they work to maintain proper harmony and balance. Earth is still in stage one, and the planet is not in harmony or in balance.

Arcan power is a measurement of the strength of your thought patterns. We believe and teach that when you do biorelativity exercises, you need to increase the arcan power of your thoughts. We like to use this example: Imagine you are in a soccer or football stadium along with 50,000 other people. If you could get all 50,000 people to think the same thought, you would create very powerful arcan power. In a football match, thousands of people cheer for their team to win. The energies of those thoughts can help the team they support. But realistically on Earth today, you will not get a whole stadium of people to focus on Earth healing, at least at this stage in Earth's development.

The second alternative for increasing the effectiveness of Earth healing is

by increasing your individual arcan power when you do biorelativity. This means that 40 people working together could potentially have the same arcan power as 50,000 people, but it requires a different energy and powerful spiritual connections.

The Cosmic Cross by Gudrun Miller

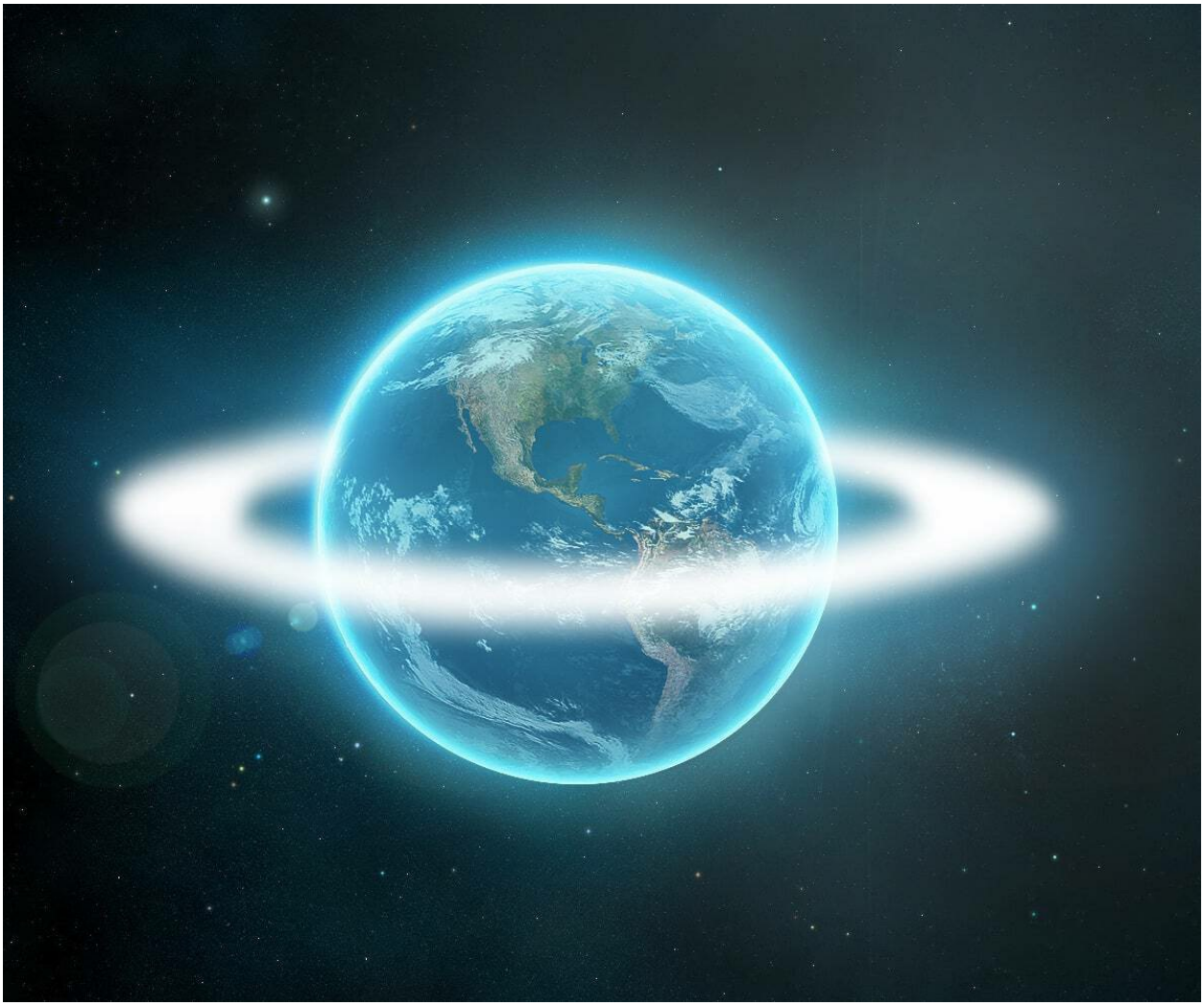
Four Spiritual Connections

The image of the cosmic cross represents four spiritual connections you can make in your biorelativity exercises to increase your arcan power.

1. Earth's core. The bottom part of the cross represents Earth's core. The gold color is reminiscent of sun energy coming from the core. It also represents Earth's living spirit. In biorelativity, we talk about the living spirit of Earth. Earth has a feedback loop system and a planetary consciousness. Humans can communicate and connect with the spiritual energy and consciousness of Earth's core. The core of Earth is both a spiritual center and an energetic center for earth changes.

You can interact with this center and ask for change. For example, you might send the message: "Mother Earth, we want you to change the weather pattern in (name of a specific location)." Or you might request: "Mother

Earth, we want you to balance the volcanic eruptions in (name of a specific location).” The most effective way to request earth changes is by first connecting with the spiritual core of Earth.



The ring of ascension

2. Ring of ascension. The second part of the cosmic cross is the ring of ascension, a fifth-dimensional halo that surrounds Earth. The ring of ascension makes it easier for fifth-dimensional masters to communicate with you on Earth. In many biorelativity exercises, we Arcturians ask you to thought-project yourself and bilocate into the ring of ascension. The ring of ascension gives you a heightened awareness of fifth-dimensional energy and the ability to use the energies of the ascended masters. It also gives you a better perspective of Earth. You can etherically travel around the ring of ascension.

3. The Arcturian crystal lake. Going up from the ring of ascension, you can travel to the Arcturian crystal lake, which is also known as the Arcturian crystal temple. This is the third connection of the cosmic cross. This etheric temple is on the fifth-dimensional planet of Arcturus that we have made available for your use. It contains a lake more than 1 mile in diameter that houses a huge crystal half the size of the lake. The lake and surrounding area are encompassed by a huge glass dome, allowing visitors to view the stars.

When you bilocate to the Arcturian crystal lake, you acquire fifth-dimensional powers, because your fifth-dimensional body waits there for you, meditating. You can thought-project first to the crystal lake and then download your spirit — your consciousness — into your fifth-dimensional body. In that fifth-dimensional body, you have higher arcan power, higher thought energy, and increased psychic abilities. When you are at the Arcturian crystal lake, you also have the benefit of using the crystal in the lake. We can raise the crystal, thus allowing you to receive even higher spiritual power.

4. The Central Sun. The fourth and last spiritual connection is with the Central Sun. In the cosmic cross, Earth is connected to the ring of ascension, the Arcturian crystal lake, and the Central Sun — the center of our galaxy. Each of these connections is like a corridor to that area.

The Central Sun is the spiritual center of this galaxy. I have to emphasize "spiritual center," because the physical center of the galaxy is a black hole. In physical reality, Earth's core is hot magma and fiery energy. But we are talking about the spiritual center of Earth, which is interdimensional, and the spiritual center of the galaxy, which is also multidimensional.

You can use the Central Sun more effectively now because of the powerful alignment that occurred on December 22, 2012. This alignment brought new awareness and consciousness to humanity that the Central Sun influences Earth and can be used to influence the outcome of Earth events. Earth's alignment with the Central Sun has been interpreted in many different ways. Some people believe it announced the end times. This is a possible interpretation, but the alignment can also indicate shifts and positive energetic changes.

When I talk about the Central Sun alignment, I must explain some important points. You are now still in alignment with the Central Sun even though nine years have passed [since 2021]. The Central Sun is approximately 26,000 light-years from the center of Earth, which is a huge

distance. (One light-year is how far light travels in a year.) Light travels very fast, so you can imagine that 26,000 light-years is a tremendous distance. Earth has not moved much out of alignment in relation to the Central Sun since then.

You can compare the Central Sun alignment with a solar eclipse. If you have ever seen a total solar eclipse, you might have noticed that the total eclipse lasts about eight minutes — not a long time. Earth and the Sun are close compared to the Central Sun and Earth, so a total eclipse with Earth and the Central Sun might last 100 years or more, which means this alignment is just beginning.

I consider the connection with the Central Sun to be very positive and not an indication of end times. I view it as an activation energy for increasing your arcan power and for pursuing the evolution of humanity. This alignment can also be used for creating a fifth-dimensional world on third-dimensional Earth.

This powerful energy can travel in many different directions: It can go from the Central Sun to the core of Earth, to the ring of ascension, to the crystal lake, and back to the Central Sun. It can go from the Central Sun to the crystal lake, to the ring of ascension, and to the core of Earth. The energy can even go from the Central Sun to the core of Earth.

The small symbols at the top of Earth in the cosmic cross represent the galactic language, healing galactic sounds, and tones that can be downloaded to Earth. Some of you have already heard of the galactic languages and their tones and sounds. These do not have corresponding meanings or words in any Earth languages, but the tones and vibrations can influence energy on Earth in positive ways. Earth’s aura is represented on the cosmic cross by the outer lines.

These, then, are the basic core symbols of the cosmic cross.

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COSMIC CROSS EXERCISE

How do you use this cosmic cross when you want to do biorelativity? Basically, you are the force, the consciousness, that connects these four energies. By connecting these four energies, you raise the arcan power of your thoughts. Your biorelativity is then much more effective because you connect these higher spiritual forces to the core of Earth. We will now provide an example of this process

by doing a biorelativity exercise to heal the oceans of Earth.

- Take three breaths, and go into a state of relaxation and spiritual awareness. I will make a short galactic tone to help you clear your energy of any earthly matters that might stop or block you from achieving higher consciousness. [Tones.]
- Allow your spirit to rise out of your physical body and bilocate to the ring of ascension. We are now sitting together at the ring of ascension in a beautiful circle of light.
- Connect the ring of ascension to the spiritual core of Earth, and travel with me through the corridor from the ring of ascension to the core of Earth. You now have a beautiful connection to the living Earth and can use this connection to talk to Earth.
- From this position at the center of Earth, I, Juliano, establish a corridor of light to the Arcturian crystal lake. Travel with me now at the speed of thought to the crystal lake. [Tones]: "Ta, ta, ta."
- We arrive at the Arcturian crystal lake and go through the dome over the lake where you find your fifth-dimensional body on the beach. Align with and enter your fifth-dimensional body.
- Feel your connection from the crystal lake with the ring of ascension and the core of Earth. [Tones.]
- Let your fifth-dimensional spirit body rise out of your body at the crystal lake, and travel — at the speed of thought — through a special corridor I created that connects with the Central Sun. [Tones]: "Ta, ta, ta, swish."
- We enter the magnificent galactic palace of the Central Sun, a meeting place for all 5,000 civilizations that exist in this galaxy as well as for the galactic masters and the Galactic Council of Elders. The palace is more majestic than any temple you can imagine.
- The corridor from the Central Sun connects directly to the core of Earth, thus making a higher energetic spiritual light connection. From our position in the Central Sun, we experience this great cosmic cross of energetic light from the core of Earth to the ring of ascension, to the Arcturian crystal lake, to the Central Sun, and back to Earth.
- Sit with us now in meditation in the galactic palace of the Central Sun, and feel these cosmic-cross corridors.
- We are together in a large auditorium, and in this large room is a huge movie screen. I, along with the galactic masters present, project the

image of the third-dimensional Earth, the Blue Jewel, onto the screen. We see that one of the reasons Earth is blue from outer space is because of the oceans, the core energy of the planet. The oceans and ocean currents are the source of Earth's weather, and without weather, the planet would not be suitable for human life. (Some planets have weather without oceans, but that weather cannot sustain human life.) The oceans are the source of the biosphere, and now the oceans are in danger.

- We send these affirmations: "Mother Earth, heal the oceans now. Humanity, heal the oceans now. All world leaders, heal the oceans now." I estimate that only ten to twelve years are left for the oceans to survive, given their current condition of contamination and pollution. Healings and positive changes in Earth's oceans must be made because aquatic life is in danger of dying.
- Repeat: "Mother Earth, heal the oceans now. Humanity, heal the oceans now. World leaders, heal the oceans now." See these words on the auditorium screen above the Blue Jewel.
- Using your arcan power and your connection in the cosmic cross, let us together download this energy and these affirmations into the core of Earth. We go into meditation as we focus our energy on this exercise.
- This healing energy is also being sent to the noosphere, the collective thought field of Earth: Heal the oceans now! Let this awareness travel throughout the noosphere. Let the arcan power of your thoughts at the Galactic Sun, the Arcturian crystal lake, and the ring of ascension strengthen your thoughts and these affirmations. This is all being downloaded into the core of Earth using the cosmic cross. Again, we go back into meditation.
- The arcan power of your thoughts is getting stronger. You are connecting to all parts of the cosmic cross. The galactic masters activate a quantum healing light from the Central Sun, and we send this healing light down to the core of Earth and Earth's noosphere.
- Enjoy your last minute or two in the galactic palace in the Central Sun. Your connection today has had a powerful impact, and it has opened a needed corridor of advanced-biorelativity healing light for planet Earth.
- Say goodbye to the galactic masters as you prepare to leave the Central Sun palace. Enter the corridor connecting the galactic center to the Arcturian crystal lake, and travel, at the speed of thought, back to your fifth-dimensional body beside the Arcturian crystal lake. [Tones]: "Ta,

ta, ta."

- You are back at the Arcturian crystal lake in your fifth-dimensional body, absorbing this higher energy and knowing that your arcan thought power is stronger.
- You leave your fifth-dimensional body at the Arcturian crystal lake. You enter the corridor and travel at the speed of thought back to the ring of ascension. [Tones]: "Ta, ta, ta."
- You are in the ring of ascension and feel the core connection from there to the spirit of Earth.
- You leave the ring of ascension and travel back to your physical body on Earth, reentering in perfect alignment. Stay in silence for a moment as you continue feeling the power and energy of the cosmic cross.

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By completing the cosmic-cross connection, you have increased your arcan thought power forty times over your normal thought power. Any biorelativity exercise you do using this technique will be greatly strengthened and have a stronger effect.

Uses for This Powerful Tool

Can we use this meditation for any kind of biorelativity exercise?

Yes, you can use this for any type of biorelativity. There are several ways to do this. You can do the cosmic cross to increase your arcan power and then do your biorelativity as you normally would. You can also project yourself to any one of the four points, focus on the thoughts you want to strengthen, and send your thoughts from there. That said, we feel it is important that you use the energy of the Central Sun, because that energy provides quantum healing light, which is light and energy beyond the normal logic parameters you have on Earth. The planet needs a big energetic boost to heal from the terrible imbalances occurring.

If we bilocate first to the Central Sun through the cosmic cross, do we need to use the auditorium movie screen for the exercise? Is it mandatory to use it?

No, there are many tools in the Central Sun area that you can use. I just recommended the screen for this meditation because it is easy to do and we have used it with you in previous exercises. You can use other tools besides

the auditorium.

Can you explain the importance of connecting to all four points on the cosmic cross?

The main idea is that by connecting to all four points, you create a huge increase in arcan power. We believe that increasing thought power is more important now than trying to bring large numbers of people together. We have estimated that starseeds make up only 1 percent of Earth's population. That might sound like a lot, but not all starseeds are activated. The solution for making biorelativity more effective is to increase the arcan power of your thoughts.

Can you tell us more about these other tools that are available in the Central Sun?

The other tools relate to any energy. For example, you could send a light frequency, directing it with thought power, to the aura of Earth instead of using words. You could send a galactic master from the Central Sun to the noosphere of Earth. (Many galactic masters besides Sananda work from the Central Sun.)

You can call on Central Sun energy and focus on sending ideas for new inventions. New scientific technologies are needed on Earth. For example, scientists might want to discover more ways to clean contamination and pollution from the oceans, such as the radiation from the Fukushima leak. An idea for a new technology can be sent on a wave to the noosphere, and then the noosphere can distribute that idea to the people who are already working on inventions to help the environment.

Chapter 4

The Sacred Triangle and Cosmic Consciousness

Juliano and the Arcturians

In this chapter, we will first revisit the idea of the Sacred Triangle with the Arcturian teachings for the New Earth. (I like to emphasize the term “New Earth,” because things are changing very rapidly. You are moving into a totally new energy that requires a newer spiritual paradigm.)

We define “spirituality” as the focus on matters of the soul and the spirit as opposed to the physical world. We realize that is a broad definition, but it goes along with the thinking of many great philosophers in the history of Western civilization. I want to expand that definition because you are moving into a new world on planet Earth, and spirituality must include the relationship between spirit and the material world. In other words, we are no longer excluding the material world in spiritual work. Instead, we want to work with how spirit manifests in the third dimension, your physical reality.

Your spiritual practice should not lead you into a cave. That method might have been appropriate during other times, and there might be instances today when certain people require that kind of isolation. However, we believe that you, as starseeds, are interested in Arcturian group spirituality, and this is why you have come to us.

Our spiritual practice includes biorelativity, planetary cities of light, and connecting with the spirit of Earth and the spirit of the galaxy. We recommend that you practice Arcturian spirituality by using these Arcturian exercises and techniques. Maybe you have not thought of these as spiritual

practices, but they fit our definition of spirituality because they include the relationship of spirit, soul, and spiritual energy for physical manifestation.

New Spiritual Paradigm

During your soul journey, you have manifested on planet Earth. Your soul has a resonance and a coherence with earth energies. I listen with amusement to many of you who tell me: “I want to leave Earth. I am done with Earth. I want to ascend immediately.” Then I look at your soul history and your soul mission, and I see that you really wanted to be here on Earth; you wanted to have this Earth experience.

Your experience on Earth can be painful and uncomfortable, but dealing with third-dimensional reality on Earth gives you the opportunity to contribute to your soul’s growth and help the planet. A big question that has come up is, “Why can I not experience soul growth on the fifth dimension or on another dimension? Why do I have to be here on the third dimension, and why here on Earth?” Earth provides unique and desirable opportunities for soul growth, such as free will. You might ask: “Why do I need free will for soul growth?” My best answer is that you must have choice. You cannot grow if you live in a fishbowl.

Here is an example from the Bible. Life in the Garden of Eden was perfect, but because everything was perfect, Adam and Eve did not have the opportunity to grow. They had to leave the Garden of Eden — leave the fishbowl — to understand what they had and the beauty of the Garden of Eden. The Garden of Eden, in fact, was a fifth-dimensional paradise, but you do not understand the blessings of a paradise until you compare it to living in a dualistic or polarized world that has free will. A world with free will allows the existence of negativity and evil.

A new spiritual paradigm is necessary for the planet to assist in the transformation to New Earth. The old systems of spirituality and traditional religious views do not provide the necessary guidance and integration to help people bring forth this New Earth. This is only an observation. Ancient philosophers and spiritual teachers did not know that Earth revolved around the Sun. They believed that Earth was the center of the universe. How wrong they were. Their philosophies, ideas, and religious views were based on a cosmic misconception. New scientific discoveries, especially in the twentieth century, proved beyond a doubt that Earth is just a very small speck of sand

in an unimaginably large universe. The universe has many life forms and civilizations besides humans.

How would a first contact or an interaction with a higher extraterrestrial being change the spiritual paradigm? One resistance to acknowledging extraterrestrials' existence has always been that it would negatively affect the religions and, consequently, the spiritual welfare of the planet. Galileo proposed the idea that Earth revolves around the Sun. People in the 1600s clearly could not accept this, for it was contrary to their religious beliefs.

Beliefs are powerful. Beliefs are stronger than facts. Beliefs are the basis for paradigms. In Galileo's time, no expanded religious belief system encompassed his new discovery. Church authorities had to follow the old paradigm, which included the belief that Earth was the center of the universe and that the Sun traveled around Earth. This wrong view worked for a while, but new discoveries confirmed Galileo's claim.

Spiritual Unity

During Galileo's time, the planet was not in crisis. Shifting the spiritual paradigm was not critical for Earth's or humanity's existence. Now the planet is in a crisis. New scientific observations are so important that they must be integrated into a new spiritual paradigm. I have often asked my friends on Earth: "How would it affect your religions if you knew that Sananda/Jesus was also a prophet and a messianic figure on other planets? How would that affect your beliefs and ideals?" Interestingly, other planets gave him a better reception than he had on Earth, and people were more receptive to his lessons. No conflicts, wars, or polarizations followed his interventions on those planets. The fact that he worked on other planets would be quite a shocking announcement on Earth. It might not be shocking to you starseeds, because you have been on other planets.

The new spiritual paradigm and model for this New Earth is the Sacred Triangle. This planet will not heal unless there is spiritual unity. To overcome its polarizations, dualisms, and conflicts, the planet requires a spiritual unification. I emphasize again how significant and powerful the spiritual energy is on Earth, but unless the planet's spiritual energy is united, global conflicts will not be resolved. When reviewing at the history of Western and Eastern countries over the past 3,000 years, you will find that the majority of conflicts have been over spiritual beliefs. Many wars were over what truth is

and who has spiritual truth.

The Brotherhood-Sisterhood of Light has always been the traditional home of the ascended masters. Religious teachers and their spiritual masters are in this part of the Sacred Triangle, including Buddha, El Morya, Sananda, and Sanat Kumara. Moses, Mohamed, Sufi masters, archangels, and ascended masters, such as Quan Yin, are also in this group.

By accepting the Brotherhood-Sisterhood of Light, you recognize that there is more than one path in the spiritual and religious world. Each ascended master is able to transcend the unique circumstances of their upbringing and religious background and pursue a path toward spiritual unity. There is no conflict between Buddha and El Morya or between the teachings of any ascended master. They all work as a united group, and this is a great development. At this time on Earth, there are more spiritual connections and a greater access to the Brotherhood-Sisterhood of Light than at any other time, despite the planet's polarizations, conflicts, and ecological disasters.

We encourage you to learn about the Brotherhood-Sisterhood of Light and their teachings, unifications, and assistance, because Earth needs the spiritual guidance of these masters. What is beautiful about the ascended masters is that they do not teach that you must only follow "this" way or "that" way or "this" book or "that" book. They teach the need for spiritual unity consciousness of all traditions.

Galactic Spirituality

I, Juliano, as a galactic spiritual teacher, am very excited to teach about galactic spirituality. It is an important part of Earth's development. Embracing galactic spirituality is necessary to bring a new, higher paradigm and greater unity on Earth.

One interesting aspect of the Sacred Triangle is that this paradigm emphasizes the connection to both Earth and the galaxy. The third part of the triangle is focused on Native American teachings and native teachings throughout the world. This includes all native peoples in the many beautiful lands throughout the planet. The beauty of native peoples is that they understand how to relate to Earth, which they do through ceremonies and sacred spaces and sacred sites. They work to preserve Earth.

An essential teaching of native peoples is that Earth is a living spirit. This belief is one of the basic principles in the Arcturian spiritual practice of

biorelativity. Because Earth is a living spirit, she can respond and interact with the spirit of humanity. Starseeds, especially Arcturian starseeds, can comfortably interact with the spirit of Earth. Together, we are developing new ways to interact with the spirit of Earth. You starseeds have expanded your ability to use Arcturian spiritual practices through modern technology. For example, many of you use the internet and social media to connect globally with other starseeds.

Never before have there been such opportunities to globally connect in meditations. Never before has a global network existed that can directly communicate with the spirit of Earth. This might seem commonplace now, but organizing global meditations was difficult before this new media and internet technology. Now spiritual groups, such as the Group of Forty, can organize and direct global meditations daily.

The ability to do global meditations using multimedia technology is a huge step forward in connecting with the spirit of Earth, and you are part of that new development. Your global work in this area is setting up a foundation for the future evolution of the planet and of humanity. Humanity and starseeds are now globally communicating with the spirit of Earth.

If Earth is a living planet and has a spirit, does the galaxy also have a living spirit? Now we enter the realm of cosmic consciousness, an expanded aspect of spirituality for Earth. Just over 100 years ago, people had no awareness of the true nature of our cosmos. In the early 1900s, astronomers were aware of stars and planets, but it was only in the late 1920s, through the studies of Dr. Edwin Hubble, that other galaxies were identified. This was a huge discovery with spiritual significance for the development of cosmic consciousness.

The Living Earth and the Central Sun

Earth has the ability to interact with you spiritually, and you can enhance your interaction with Earth through your planetary healing exercises. Native peoples interact with the spirit of Earth through dances, medicine wheels, and other ceremonies. They also perform sacred journeys and work together to protect sacred places on their lands.

Communicating with the living spirit of the galaxy refers to connecting to the Central Sun, the spiritual center of the galaxy. It takes a great mind expansion to prepare yourself to interact with the spirit of the galaxy. One

way to connect is with the Native American concept of the kachina, which is a spiritual intermediary. An intermediary can be necessary if you cannot talk directly to a spirit. For example, if you want to communicate with a deceased relative but you do not have the psychic ability, you can go to a medium who speaks to spirits and can act as an intermediary between you and your relative. Mediumship has been practiced for centuries and is even discussed in the Old Testament. The galactic kachina can help you connect spiritually with the energy of the Central Sun.

Awareness of the Central Sun energy came to the consciousness of the planet on December 22, 2012. Earth's alignment with the Central Sun was a significant astronomical and astrological event. The purpose and main energy of that alignment was to open starseed consciousness on the planet to the energy of the Central Sun. Earth needs more information from the Central Sun. You need to connect spiritually to the Central Sun.

All the great spiritual teachers and ascended masters originate from, and connect with, the Central Sun. A Galactic Council meets at the Central Sun. A hierarchy of ascended masters meets to oversee the energies and life forms in this galaxy. It requires spiritual resonance to align with them. Because of the alignment with the Central Sun on December 22, 2012, your DNA codes have been unlocked so that you can interact with the spirit of the Central Sun.

Understanding how to interact with the spirit of the galaxy can be more difficult than interacting with the spirit of Earth. Here are three methods: (1) Use visualizations and thought projections to travel to the center of the galaxy, (2) remotely travel to the center of the galaxy using your astral body, and (3) focus your visualizations on the central area of the galaxy known as the Central Sun, and seek to receive its higher energy.

It might be hard for you to travel to the Central Sun from Earth, so going to Arcturus first can help you make an easier connection. You can thought-project or bilocate to the Arcturian crystal lake or to the crystal temple, and use that as a take-off point to interact more easily with the spirit of the galaxy. The Arcturian crystal temple and lake are far beyond Earth densities. When you are at the crystal lake, you are in your fifth-dimensional body that can do much more traveling and interacting with higher energies than you can from your third-dimensional Earth body. You might compare this to going to Mars. It takes a great deal of energy to break free of Earth's gravitational field, but leaving from the lighter gravity of a space station or from the Moon gets that hard part out of the way.

Visualize the Central Sun as containing a temple-like structure in the center. This center is magnificent because it houses all the ascended masters from all the inhabited planets in the galaxy. The palace has great spiritual energy, and visiting it enables you to receive higher information and guidance. The Central Sun contains quantum light that can be used for quantum healing. Quantum light transcends duality and polarization.

If you believe that Earth has a consciousness and a spirit, then you can hopefully believe that the galaxy also has a consciousness and a spirit. Cosmic consciousness includes the ability to understand and interact with the spirit of the universe. Relating to the consciousness of the galaxy is also a huge step. Your higher evolution allows you to interact with cosmic consciousness. This has been experienced by the Taoists who have received information and energy from the cosmos. Their philosophy is summarized by the great Tao, which is based on cosmic light, cosmic energy, and the spirit of the cosmos.

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MEDITATION TO CONNECT WITH THE CENTRAL SUN

I am going to lead you now in a meditation to connect with the Central Sun and the spirit of the Central Sun. You might receive messages, energy, or visions during the meditation.

Take three breaths and feel yourself going into a state of spiritual balance. I, Juliano, send a corridor of light down over each of you in your homes, wherever you are on the globe, and I encourage you to allow your spirit to rise out of your crown chakra and travel with me at the speed of thought through the corridor that I have set up.

I will use the sound “ta, ta, ta.” People have asked, “What does it mean?” “Ta ta ta” is an Arcturian word that means: “faster, faster, faster.” It implies faster than what a word or sound can make or that it is as fast as the speed of thought.

Feel your spirit rise out of your crown chakra, enter a corridor, and travel at the speed of thought through the corridor to the Arcturian crystal temple. [Tones]: “Ta, ta, ta.”

Travel at the speed of thought, and come to the Arcturian crystal temple. You go through the dome and find your fifth-dimensional body sitting in meditation waiting for you. You are in perfect alignment with your fifth-dimensional body, and you, along with 1,600 other Arcturian starseeds, sit around the lake in meditation.

I, Juliano, raise the crystal up in the center of the lake to a point 100 feet upward. The crystal is deep and long, and now it is 100 feet above the water. The spiritual light and energy from the crystal floods your third eye and opens you to your galactic consciousness and abilities.

I, Juliano, now set up another corridor of light in the Arcturian crystal lake, and this also goes directly to the galactic center. In the galactic center, the Galactic Sun is a magnificent palace that is indescribable in Earth terms because of its beauty and immenseness.

It is a magnificent palace in the Central Sun area where the galactic masters who oversee 5,000 civilizations and planets in this galaxy. I

have set up this corridor of light over you in the crystal lake. Feel and allow your spirit body to rise out of your fifth-dimensional body and travel with me at the speed of thought to the galactic center. [Tones]: "Ta, ta, ta."

At the speed of thought, travel 26,000 light-years to the center of the galaxy and the Central Sun. You have now arrived in the central palace area where galactic masters wait for you. They have prepared a special reception place for you to be with them. Enter and let us go into meditation and silence as you interact with and enjoy this time together.

The galactic masters download special energies for you that you will be able to bring back to Earth with you. Receive that energy if you can. Integrate all this light and energy. You have established great connectivity to the Central Sun. [Tones]: "Oh."

Prepare to leave the Central Sun palace. You will be able to return whenever you need to be with them. You walk out of the palace and connect with the corridor of light that I, Juliano, have set up there for you. And at the speed of thought, you travel back to the Arcturian crystal lake knowing that you have made this wonderful contact, and you will be able to use it at any time in the future.

You enter the corridor. [Tones]: "Ta, ta, ta." You travel at the speed of thought 26,000 light-years instantaneously, back to the Arcturian crystal lake, and in perfect alignment, you reenter your fifth-dimensional body — fully charged, expanded, and energetic.

Next, leave your fifth-dimensional body as the crystal descends back in the water. Enter the corridor and travel at the speed of thought back to Earth. [Tones]: "Ta, ta, ta."

You come to a place 6 feet above your Earth body, and in perfect alignment, you reenter your body now, bringing with you the galactic Central Sun experience, the Arcturian crystal lake experience, and a new awareness and download of all this galactic energy into your third-dimensional Earth body.

You integrate all this as you prepare to return to normal consciousness. It will take you, I am sure, a couple of hours to process all this light and energy. Some of you might even get words or new thoughts or intuitions or insights. Others might just feel the power of

this experience beyond words. Some might record wonderful, beautiful dreams tonight, integrating this experience.

You are explorers of consciousness, and you are one of the first groups to visit the Central Sun in this way. Open your eyes and come back into your normal state of consciousness to the best of your ability.

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Chapter 5

The Emerging Higher Consciousness

Juliano and the Arcturians

We need to accelerate our teachings and work as intensely as possible to expand the consciousness of humanity. Humanity has evolved to the place of self-awareness. This is a trait that is expressed in the mystical expression I Am That I Am, which is in the Kabbalah as one of the names of the divine expressed in Hebrew as *Ehyeh Asher Ehyeh*. For this Hebrew expression, the correct translation is I Will Be That I Will Be. You in the West have translated it through various languages from Greek to Latin to German to English as I Am That I Am. Both I Am That I Am and I Will Be That I Will Be imply higher consciousness.

I Will Be That I Will Be is an expanded level of consciousness, because it implies you have the ability to direct your evolution. That is exactly what humanity needs to do now: direct the evolution of the species to a higher level. This can only occur when there is awareness that you can do that. It sounds needlessly repetitious when you say this, but believe me, it is a higher state of being when a species can say, "I Am That I Am." It means, "I am aware of what I am, I am aware of who I am," and (when one goes a step further), "I will be that I will be," *Ehyeh Asher Ehyeh*. Then this goes to the next level, a higher level of directed evolution. That is why *Ehyeh Asher Ehyeh* is considered a sacred name of God in the Kabbalah.

Humankind, throughout the ages, has understood that the Adam species is made in the image of the divine and shares the one quality that is truly divine:

I will be what I will be. Humanity is now at that stage of development in the midst of this planetary crisis when that next evolutionary step is greatly needed.

Activate Your Assemblage Point

Biologically and neurologically, we have taught from the shamanistic perspective the existence of the assemblage point. The assemblage point is, in various shamanistic traditions, located behind the head. Some recognize it existing at the brain stem, and others have recognized it as the upper shoulder/neck level. Basically, the assemblage point is a valve that is, biologically, in the human nervous system. I call this a perceptual valve. When that valve is open, from the shamanistic perspective, then one has a deeper perception — a deeper ability to perceive this reality and other realities.

Many times, the other realities are in the lower astral plane or are in the animal world. For example, you get reports of people experiencing power animals or being able to deal with and remove lower spirits. Such experiences can be activated by the assemblage point, which is an actual biological and neurological place in the nervous system of your species.

In modern neurobiology, scientists talk about the reticular activating system. From our perspective and our study of the human species, we equate that system with the assemblage point. It has been identified as being related to the lower brain stem. From a neurobiological standpoint, the reticular activating system operates like a valve that can be opened or closed. This perceptual valve is open from an evolutionary standpoint to a certain position that allows humanity to see and operate in the third dimension.

I have compared this to the blinders on a horse in a race. The idea is that the owner wants the horse to run without distraction. If the horse is not distracted, it can run at the highest speed it’s capable of. If it turns to the left or turns to the right, the horse could slow down a second, and that second could be crucial to its pace and winning the race. In this position of the horse race, the horse’s perceptual field is limited. It is only open in a forward direction, and it has lost the ability to look to the left or the right. This limited perceptual field is very efficient, and it is all that really matters for improving the horse’s chance of winning the race.

Humans have just recently come out of the evolutionary jungle, and you

are only several thousand years away from a primitive state. You only recently became city dwellers and left the hunter-gatherer system for the agricultural and city systems. That means you too have had a certain narrowing of perception, which has the function of biological survival. When you are in a certain jungle or forest, you need to shut out the spiritual, the extradimensional, perception. You shut out the ability to relate to the unconscious. You shut out the ability to connect with spirit guides. The reason you shut it out is that it would be a distraction to your survival ability. The reticular activating system has been calibrated to narrow over the history of *Homo sapiens* and Neanderthals to give species the highest possibility of survival.

Fast-forward to the present, and you are in a much different situation. You are on the cusp of a planetary crisis and evolutionary shift that includes the ability to expand consciousness. That means biologically and neurobiologically, your reticular activating system has to open, but because there has been consistent blocking of this system over centuries and even millennia, there is a biological resistance to it opening. There is a biological reason why it is harder to open that part of your brain to expand your consciousness to fifth-dimensional consciousness.

Some of you have asked why there is so much resistance to higher consciousness and to the evolutionary changes that seem obvious to you. Part of the answer is that the biological restraints for survival that have been in place for centuries or even longer are still operational. That explains some of the resistance of the majority of the population. Ninety percent or more of the population's perceptual field is restrained.

Open Your Valve of Perception

Over the past decades, there have been some interesting possibilities for opening your reticular activating system. Shamanistic ceremonies have been used to open up the perceptual field. Some of these shamanistic ceremonies used drugs, such as ayahuasca and the mescaline mushroom. These drugs, used carefully in certain ceremonial ways, can effectively open the reticular activating system. Unfortunately, there are dangers associated with drug-induced expanded consciousness.

When using drugs, there is always the possibility of breaking the valve, not being able to close it properly, or keeping it open too long. The more

traditional, mystical methods of opening the valve of perception include meditation, going to sacred sites, and group consciousness exercises. We, the Arcturians, have introduced spiritual technologies to expand your consciousness. In particular, we believe that aura exercises, such as shimmering, the cosmic egg, and bilocation to sacred places in the fifth dimension offer the same possibility to expand your reticular activating system. There is no danger in using these exercises.

An ability affecting your neurobiological system has been described in some of the great work recently done in epigenetics. It is the ability, through thought and consciousness, to control your genetic structure. For example, it is believed that certain genes turn on at a certain point in your life and create diseases in your body, such as cancer. It was believed that if you had a gene for a certain disease, then your body was programmed for that disease genetically, and there was nothing to do about it. Now, through expanded consciousness work, it is understood that your consciousness is a factor in whether or not you get diseases. Your genetic predisposition or the genetic code can be influenced by your environment and your thoughts. By using epigenetics, you can control the genetic opening and closing of your codes through consciousness and your environment.

Open the Codes of Ascension

Opening the reticular activating system is an important step in the ascension process. The reticular activating system part of the brain contains a coded section linked to ascension and transmutation — raising you into the fifth dimension. But this area of your brain must be opened with the code. The opening of the codes of ascension is the highest form of epigenetics for you. Through meditation and the control of your consciousness and I Am self, you can open the valve for ascension.

The codes for ascension are linked to an ancient Hebrew mantra, or prayer, that was sung in the holy temples (the holy temple from King Solomon’s time, 950 BC–588 BC, and the second holy temple from approximately 556 BC–AD 70). There were specific times of the day and of the year when phrases were chanted as mantras (repetition of sacred sounds usually from a yogi or guru given to students to open their consciousnesses).

In the Hindu tradition, the mantra was a secret special code or sound given to the student, but here, we have a general code available to everyone for

ascension. This mantra opens the valve of perception: *Kadosh, Kadosh, Kadosh, Adonai Tzevaoth*. I encourage you to use it as a mantra to open to expanded consciousness and to open the ascension valve epigenetically in your reticular activating system.

Connect with Your Unconscious

Expanded consciousness is directly related to your relationship with your unconscious. People who relate with the unconscious through dreaming, lucid dreaming, art, poetry, or any creative endeavor have a stronger likelihood of expanding their consciousnesses. Perhaps the greatest contribution that Freud made to the study of human psychology is the explanation of the existence of the unconscious and its layers.

Carl Jung introduced the concept of the collective unconscious, which is the part of your deeper unconscious shared by all humanity. The Arcturians have elaborated on the concept of the collective unconscious and integrated it into the description of the noosphere. The noosphere is the collective thought field of the entire planet, which includes the collective unconscious of Earth. Our estimation and evaluation are that the noosphere contributes to and influences the evolution of humanity. This means that for a certain manifestation and evolution to occur in physicality, it must first happen in the noosphere and the collective unconscious.

The subconscious is just below the part of consciousness that can be remembered or retrieved under certain conditions. The subconscious is able to directly communicate with the unconscious and the collective unconscious. Those of you who have a good relationship with your unconscious are in a better position for multidimensional work, expanded consciousness, and fifth-dimensional consciousness. Many of you go to high states of expanded consciousness in your dream time. Why is there so much resistance to expanded consciousness? Why is it so difficult to reach people and to work with people from their collective unconscious states? People who are resistive to expanded consciousness and higher evolution often do not have a good relationship with their unconscious.

Be a Leader for Planetary Consciousness

One way to work with people who resist expanded consciousness is to

explore with them their unconscious. This can be done through dream interpretation, poetry, art, music, and shamanistic ceremonies. We believe that humanity is multidimensional by nature. You live simultaneously in at least two or more states of consciousness. The primary dimensional state is your dream world. The ability to have a positive relationship with, interact with, and even direct your dream world is called lucid dreaming. Being able to experience lucid dreaming has a positive effect on your ability to expand your consciousness.

If you are in a position to help people overcome resistance to expanded consciousness, then start by teaching them how to relate to their unconscious. Planetary consciousness relates to the collective unconscious. Earth receives and holds the energy of the collective unconscious in its layers within the noosphere. There is the collective unconscious of Earth and that of the galaxy. You, as starseeds, also activate your consciousnesses in the galactic consciousness. This is a major step in the evolution of human consciousness, and that is why many of you receive information and images of lifetimes on other planets. You might also receive information about wars that occurred in other parts of the galaxy such as the Lyrans and other nearby systems that had conflicts.

Connecting to the galactic consciousness is a big step. Some of you might feel overwhelmed by this connection. There has been training about how to get in touch with the unconscious and working through different shamans or with the collective unconscious through Jungian psychology and symbology. But there has been limited discussions and information about the galactic consciousness. We, the Arcturians, want to continue to introduce ways of connecting with your galactic unconscious, and we will provide training for you, including this brief meditation.

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EXPANDED CONSCIOUSNESS MEDITATION

Take three breaths and go into a state of deep spiritual relaxation. You are spiritually sharp and in a state of enhanced psychic ability. Think about the image of the Arcturian stargate, a beautiful temple at the entrance of the fifth dimension in alignment with Earth and with the Arcturian etheric crystal in Serra da Bocaina, Brazil, between Rio de Janeiro and Sao Paulo.

If you have the ability, thought-project yourself to Serra da

Bocaina and to that etheric crystal, and then go from there to the doorway of the Arcturian temple. We are all together now at the doorway of the temple, and I, Juliano, have opened the doorway slightly, allowing some of the energy of the fifth dimension to come out so that you can breathe it in and absorb it into your spirit body. Hear the angelic cherubim singing softly, "*Kadosh, Kadosh, Kadosh, Adonai Tzevaoth*."

Those of you who have the vision see Archangel Metatron step out of the doorway in his full, angelic presence, greeting you. You are filled with the light of Archangel Metatron and the fifth-dimensional light from the opening at the Arcturian stargate. This energy and light help you keep open your reticular activating system and your assemblage point. [Chants]: "Oh, Oh, Ohhh."

It has been a brief time, but you have absorbed an intense energy. I, Juliano, close the doorway, and together we begin the journey through the Serra da Bocaina etheric crystal and to your physical body.

For those of you who can, go through the crystal at Serra da Bocaina, Brazil, and then return to your position 6 feet above your physical body. Create a perfect alignment, and download your spirit body with this higher energy back into your physical structure on Earth.

You are back with this higher light, and all the knowledge that we have talked about will be integrated in a deep and thorough way in your mental, physical, emotional, and spiritual bodies for your higher consciousness and for your enhanced abilities to teach and activate others into expanded higher consciousness.

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Chapter 6

Starseed Spirituality

Juliano and the Arcturians

You might wonder how Arcturians view Earth's religions and what we consider is the correct religion. Of course, I cannot say which one is correct, because each religion on Earth has a certain perspective that is appropriate for the soul group that works with it. It is important to talk about soul groups when referring to Earth religions, as many religious groups are also soul groups; that is, members of a soul group share unique perspectives of the Creator. In fact, members of some religious groups on Earth will reincarnate on another dimension after this Earth experience as one soul group. A certain religious group has designated a planet they will return to, and perhaps that planet will appear to them as heaven or a higher-dimensional experience. We do not have separate or numerous religious groups on Arcturus as you have on Earth.

Two unique features of the Earth experience are your many languages and your many religious groups. Of other planets we have visited in this galaxy, none has as many languages or religions as Earth. Having many languages and religions can be a great advantage, because Earth is a freewill zone. This means you are free to choose which spiritual or religious doctrine you wish to follow. Many of you have been reincarnating on Earth and have lived in times when you did not have a choice and were forced into certain religious dogmas or orthodoxies.

Earth religions all have spiritual components, but participating in a religious group or doctrine does not ensure a spiritual experience. You can also choose not to be religious but to be spiritual. So in this lifetime, you can

be spiritual without being religious or religious without being spiritual.

The Cosmic View on Religion

Freedom of religious choice is an exciting benefit you have earned over numerous lifetimes, including lifetimes in which you were suppressed or forced into certain ways of thinking, praying, or practicing. Now, in this lifetime, you might decide that you want to be a free spirit and relate to the universe in a way that is appropriate and in alignment with your starseed heritage.

Spirituality describes a worldview, or rather a cosmic view. Using the word "cosmic" tells you a great deal. Your different religious systems were developed from the Earth human's perspective. In the beginning, you taught through your religions that Earth was the center of the galaxy and of the universe. Astronomers such as Galileo tried to convince people that Earth was not the center of the universe — that the Sun did not orbit Earth but rather Earth circled the Sun. For this scientific conclusion, Galileo was put in jail and only released when he recanted.

The cosmic (or cosmological) worldview is an important factor in your spirituality. We call our worldview "starseed spirituality" and also "galactic spirituality" because it is based on the concept of the galaxy and the cosmos and on the existence of multidimensions throughout the cosmos. Our perspective is that each person is multidimensional, meaning that you exist simultaneously on different dimensions. Starseed spirituality is also based on the concept of ascension. Being on the third dimension, you have the opportunity to release from the third-dimensional reincarnational cycle and ascend to a higher dimension.

Being released from Earth's incarnational cycle is also part of your religious systems on Earth that try to answer: "How do you leave Earth?" and "When you leave, do you go to heaven or hell?" We do not believe in hell; we see the concept of hell as an expression of going to a place after death to become purified. More importantly, we believe, in our cosmic view, that you can graduate and move on from the third dimension to the higher fifth dimension.

Shared Philosophies

Understanding your soul mission is an essential part of the experience of being on the third dimension. Many Earth religions convey great truths about why souls come to Earth, and some even teach about soul missions. The ascended masters are teachers and prophets found in every religion on Earth: Hinduism, Judaism, Christianity, Islam, Taoism, Buddhism, and other religions that might not be as well-known, such as Confucianism. Each of these religious groups teaches about a higher process that transcends Earth and can lead to a person becoming an ascended master with the Brotherhood-Sisterhood of Light.

For example, Hindus believe in reincarnation and that people graduate from Earth. This is a cosmic concept that we embrace and teach. Early Vedic philosophers and writers of the Upanishads and other great teachings that came out of the East espoused a starseed concept. All Earth religions began with a higher-dimensional interaction, either with an angelic force or a higher-dimensional being. In some cases, the person who started the religion had a direct experience with the Creator, as expressed in Judaism and Christianity.

A transcendent experience took place that helped to bring a great teaching to this planet. This higher teaching guided people to a higher light and into a higher dimension. It showed a way that people could graduate and be released from Earth's incarnational cycles and go to a higher realm or higher dimension, such as where we Arcturians exist.

We acknowledge the ascended masters, including Sananda, the archangels, Kuthumi, and P'taah. Our view of the ascended masters might be different from yours, because your view is Earth based for the most part. Because you are a starseed and endorse or practice starseed spirituality, you are naturally open to the galactic masters. Galactic masters are not known to many people on this planet. Part of your path and mission on Earth could be to help promulgate their teachings.

Ascended masters can live on planets in the galaxy that evolve out of their lower states. Some of Earth's ascended masters have been to other planets. One example is Sananda, who serves on missions to many planets and not just to Earth. You might have heard P'taah talk about the experience the Pleiadians had with Sananda/Jesus in which he said that the reception the Pleiadians gave Sananda was much friendlier and more welcoming than the one he received on Earth. However, other karmic factors played roles in Sananda's mission on Earth. So it is not comparable to the experiences other

ascended masters had on Earth and the Pleiades.

To understand the role of the galactic hierarchy, we first have to look at the broader picture of dimensions in the universe. There are beings in the third dimension and beings in the lower-fourth dimension. There are also beings in the middle-fourth dimension, beings in the higher-fourth dimension, and beings in the fifth dimension. There are beings in the sixth and seventh dimensions as well.

Each dimensional experience has a certain outlook and worldview, and each offers specific opportunities to be closer to the Creator. The experiences you have on the third dimension give you great opportunities for closeness to the Creator, but going to a higher dimension gives you even more opportunities to be closer to the Creator. On the higher dimensions, you have the opportunity to work with the concept of cocreation.

Prophets and Saviors

Different levels of ascended masters relate to Earth religions and to galactic spirituality. One level is the prophet, and another is the savior. Many religions have both levels, but some have only one. The prophet is a person who has contact with higher-dimensional beings and transmits those messages directly. Prophets do not necessarily prophesy the future, and perhaps this is a difficulty in the English translation from biblical times. Prophets might be able to predict the future, but that is not the core essence of their abilities. Rather, it is that they communicate directly with the Divine Spirit. People who can predict the future are not necessarily prophets, and only prophets have a direct-contact experience and can transmit that experience to others.

The savior, also called “messianic energy” or “messiah,” has the ability to change the course of history on a planet, especially when the planet moves toward self-destruction. The savior possesses messianic light and has the ability to override the karmic processes occurring on a planet. This is an important ability.

You might wonder why the Arcturians do not intervene in Earth’s planetary crisis. We see the destruction going on in the biosphere and the dire predictions of how this is all going to end, which is encapsulated in the end-times concept. Higher beings such as we Arcturians, the Pleiadians, and others can intervene to stop this degradation, but unless you are a savior, your

intervention will encompass you in karma.

This is hard to grasp, because a tremendous number of karmic paybacks are now occurring on this planet, which is why you are seeing such destruction, polarization, and suffering. Buddha said that one of the four causes of stress on the planet is suffering, and we agree that the suffering of plants, animals, humans, and the planet itself is extremely high. But Arcturians or other higher-dimensional beings who chose to intervene would incur karmic debt they might not be able to process.

The savior, or the messiah, has the ability to process that karmic intervention. You even see this in descriptions of Sananda in which he died for your sins. In galactic language, this means he is capable of assuming the karmic debt on a planet and intervene so that no one suffers karmically. That is the difference between the prophet and the messiah/savior.

Messianic Intervention

You are close to needing a messianic intervention on Earth, but one requirement includes having a core group of people who are active, engaged, spiritually involved, and working together. They are sometimes referred to as righteous people. This concept is described by religions as a righteous group who prepares the way and holds the energy for the messiah. Clearly, messianic intervention can only occur when there is receptivity — a receptive energy field must exist on the planet — so it cannot occur without a core receptive group.

The description of messianic/savior energy really belongs in the realm of what I call the “quantum energy field.” I use that term because this type of intervention transcends logic. Logically, I could tell you that the oceans are going to die in 2035, which is only fourteen to fifteen years from now [2021]. This outcome is based on our calculations of what is happening, the continuing astronomical rate of pollution, to the oceans and the fact that no major repair effort is taking place. We conclude it is unlikely that the oceans on Earth will exist past 2035. But a messianic intervention can transcend cause and effect, because messianic energy is quantum with power beyond what can be comprehended using third-dimensional logic.

We support such an intervention and believe it is possible. In fact, ascension itself can be considered a messianic intervention. Ascension essentially provides an opportunity for release from Earth incarnations even if

you have not totally prepared to graduate from Earth or, as religions like to say, be released from Earth. But ascension offers this opportunity, especially with the addition of grace. You might need eight to ten lifetimes to graduate, but the ascension energies give you the opportunity to skip a couple of years, a few classes, and some soul lessons so that you can ascend.

Normal, Accelerated, and Cosmic Karma

Our Arcturian worldview includes the concept of karma. On Earth now, you are experiencing accelerated karma. There are different types of karma: normal Earth karma, reincarnational karma, cosmic karma, and accelerated karma.

With normal Earth karma, when you do something wrong, you pay back the karma in a future lifetime. I like to use an example from Edgar Cayce. In one of his readings, Cayce gave the example of a person who was extremely critical of a disabled person (who might have had a disease such as multiple sclerosis). In the next lifetime, the critical person came back with that same disease. With normal Earth karma, when you treat a person badly in one lifetime, you might receive the same bad treatment in another lifetime. For example, some guards during the Holocaust abused people in the concentration camps. In the next lifetime, they were imprisoned and abused.

Using Cayce's example with accelerated karma, the critical person might experience that disability in his current lifetime. This is a time of accelerated karma on Earth. When a person makes a mistake or does something of an impure or abusive nature, the likelihood of experiencing accelerated karma goes up dramatically. This is good if you are spiritually minded and understand this concept, but if you have a darker soul and are unable to grasp this, it might lead you to great confusion.

You are going to see more accelerated karma being played out on this planet. Accelerated karma give peoples immediate opportunities to have karmic experiences. It might not be possible to find the right situation to pay a karmic debt in this lifetime, but it is possible for the most part.

Earth religions have difficulty explaining why evilness prevails and why many seemingly evil people thrive. I am sure you have seen this in your personal observations: People who behave in evil ways remain in power. "Evil" people who are rich continue to amass power and wealth. How do you explain this? In the concept of normal karma, you might say they will get

payback in another lifetime. In accelerated karma, payback could happen in this lifetime.

We observe cosmic karma all the time, including on Earth. Cosmic karma means that your karmic debts or experiences can be worked out on other planets in addition to Earth. A planet in the Andromeda galaxy or in this galaxy might fit the exact experiences you need to learn a karmic lesson, and it could take several lifetimes, decades, or even centuries on Earth to find that right experience to work out your karmic debt.

Cosmic karma is part of the starseed experience. As a starseed, you are open to remembering past lifetimes and experiences on other planets. Therefore, you would gladly accept the opportunity to go to another planetary system. Other planetary systems are probably not as complex as Earth, as Earth is one of the more complex planets in the galaxy. This is partly due to the powerful and numerous religions and languages here.

Karmic Training

When I talk about karma, life lessons, and soul lessons, you likely think about the difficult lessons you have to overcome. In the" negative" aspect of karma, you make errors in one lifetime and then come back to another lifetime to karmically pay back the debt. Karmic training includes a broader perspective in which your experiences are not just related to undoing mistakes or having the opportunity to correct or repair errors you have made; instead, you have come to Earth for a specific training experience that I call the "cocreator experience."

In the cocreator experience, you are at such a high spiritual level that you can create your reality. On fifth-dimensional planets such as Arcturus, people have tremendous cocreating opportunities: What we want to create can happen immediately; there is no waiting. In the third dimension, you might visualize something you want to create, but it does not happen immediately; there are delays. Sometimes your creative thoughts do not happen. I am sure you have heard many lectures about the "correct" way to think and process affirmations, yet the reality you want to manifest still does not occur.

The beauty of the third dimension is that you get to practice using different thought techniques. For example, you might want to be a professional football player, so you focus all your positive thoughts and energy on a successful career. Then you have a leg injury, and your football

career is over. Why did this happen? Ten years later, you find yourself on a spiritual path, and you realize that if you had continued in the sports world you would not have taken the spiritual path that you prefer. You didn't understand the purpose of the injury when it happened, but from another perspective years later, you do understand.

In karmic training, you learn how to think and how your thinking affects your actions; you see some of the mistakes in your thinking. In cosmic karma training for cocreation, you study here on Earth to be a prophet or an ascended master on another planet. I know that might be hard to grasp, but this is a huge universe. There might be 300 to 400 billion stars and 5,000 inhabited planets in this galaxy. There could be 800 billion stars in the Andromeda galaxy, your sister galaxy, and 10,000 inhabited planets. There is great need for cocreator spirits, ascended masters, and prophets on other planetary systems. The idea of cocreation and the cocreator training experience is that you come to Earth to understand what it is like to be on the third dimension. You study and learn what works and how people respond to prophetic visions, prophetic interventions, and messianic interventions.

There is an aspect of ascended mastery that involves being able to direct people toward the cocreation of a new reality. The creation of a new and better reality is something we all want to accomplish on Earth. We want to see more stability and a more balanced environment. We want to see a society that is not so polarized and that accepts the sacredness of forests and oceans and wants to protect them.

Separation and the Sacred Triangle

On Arcturus, all places are sacred, and we do not separate things into the sacred and the profane as you do on Earth. We have no sacred cities such as Earth's Jerusalem or Mecca because our entire planet is sacred. We have temples, but they are designed for meditative cocreative experiences in which we hold the noospheric reality and thought field of Arcturus. (We have full-time meditators specifically trained to do this kind of work.)

This meditative concept was practiced centuries ago by Earth's Tibetan monks in the Himalayas. Several centuries ago, groups of thirty, forty, or even fifty monks would meditate in certain isolated areas and hold the thought field for the planet. Part of our spiritual teachings for Earth starseeds is to practice that type of energetic thought-field meditation. Many of you are

doing that in Tomar's temple. Meditation for the noosphere is powerful and requires great arcan power to do it successfully.

The people doing this centuries ago in Tibet were extremely powerful meditators, and they could hold positive thought patterns for the planet. There are other examples on this planet of people holding certain thought fields. This is what we are accomplishing with our meditative temple work.

Our religious or spiritual perspective can be described with the concept of the Sacred Triangle. In the Sacred Triangle ideas I have presented to you on Earth, the ascended masters are predominantly from Earth, but there was also a spiritual unity with Earth's native peoples. We found that the religious systems on Earth were developed before the environmental movement, and they did not emphasize the concept of the sacredness of Earth. There are certain exceptions from ancient times, such as great agricultural ceremonies in earlier biblical religions, but the concepts of repairing and saving the planet are not predominant religious themes today.

Most native peoples of this planet were in union with the spirit of Earth. We, the Arcturians, stay in union with the spirit of our planet. We stay in union with the volcanic parts so that eruptions do not occur. We stay in union with the weather patterns and the ocean currents. (Yes, we have oceans and weather patterns just as you.) As fifth-dimensional beings, we can stay in unity and be spiritually balanced with our planet. We embrace galactic spirituality. Every planet has its own system of ascended masters. I think this is really beautiful because it points to the idea that each part of this galaxy is unique.

Earth is in a cycle now that has been going on for 4,000 to 6,000 years. You are post-Atlantean, and extradimensional beings have visited and intervened on Earth. Your position in the galaxy is very complex, and so is Earth's position in the solar system. There are many different cycles:

- Earth revolves, or wobbles, on its axis every 26,000 years (called the precession).
- The solar system travels around the center of the galaxy every 250 million years.
- Zodiac positions and astrological signs continually change.
- Cosmic energy fields come to Earth.

This is a lot to integrate. By applying thought-field work on the noosphere,

understanding cosmic karma, and obtaining cosmic training, you can help accelerate the manifestation of a better reality on this planet. Energy and work are needed to manifest a messianic intervention, and attracting that quantum energy requires a high-powered thought field.

Earth requires a mass intervention and the intervention of a savior. You, the starseeds, are forming a foundational energy field that will help establish a new basis for a higher planetary reality. I promise you, this is coming.

Chapter 7

The Conflict between Spiritual Wisdom and Advanced Technology

Juliano, the Arcturians, and Helio-ah

Juliano and the Arcturians: This is a period in which you have fantastic access to knowledge through communication networks, libraries, and historical data. This is also a time of groundbreaking scientific breakthroughs. Only recently have humans learned that they are not the center of the universe: There is not just one galaxy but billions of galaxies. Many revelations are coming. For example, the holographic nature of the universe is being revealed. This is important for understanding human nature and the brain, because the brain is holographic, just as the universe is holographic.

Holographic theory posits that when you can access one part of yourself, you can heal your soul and all aspects of you. Using holographic work, you can heal what is happening here on Earth. You can understand that what is happening on Earth is part of a cosmic drama that has been played out for millennia. This is indeed a revelation.

Earth is experiencing a galactic drama. This drama is related to many different sources between extraterrestrial planets. Previous advanced civilizations have existed on Earth. Many people have heard of Atlantis and Lemuria. These civilizations were technologically comparable to present-day civilizations. Maybe they did not have the exact technology as you — they

did not have the internet, for example — but they had, particularly in Atlantis, advanced travel techniques and advanced military technology.

Scientific Mistakes in Atlantis

Many of you lived in the Atlantean civilization before this incarnation. In fact, Atlantean scientists, as a group, have had major incarnations in the United States and Europe during the past century (the twentieth century in particular). Atlanteans also experienced the conflict of spiritual wisdom versus technology. Their civilization ended in a violent explosion caused by military imbalances and experiments that got out of control. (This sounds like Chernobyl.)

There are many parallels between what is going on now and what happened to the Atlanteans. According to the laws of reincarnation, many of these advanced scientists have reincarnated now to resolve their karma and evolve their scientific work. They come with the question: "As a scientist, do I lend my expertise and knowledge to the development of military technology that could destroy the planet?" That was the basic question on Atlantis.

The scientists who contributed to those experiments perished, and they left those incarnations with great feelings of guilt. Their souls need great repair. But sometimes, during incarnational cycles, you must repeat previous mistakes to learn from them. A German scientist called this phenomenon repetition compulsion. This term was used to describe repetition cycles in your present life, but the phenomenon also can be applied to past lives, meaning you and others might repeat unresolved problems from other incarnations in this lifetime. The purpose of the repetition is to hopefully bring opportunities for resolution and soul repair.

The Atlantean civilization suffered an unfortunate disaster caused by advancements scientists gave their military. The scientific achievements were misused, creating polarization between spiritual wisdom and technology. These two forces must be in balance. The scientists who contributed to those experiments are reincarnating now. Some are asking themselves: "Should I use my knowledge to contribute to more military technology that could be harmful to the planet?"

On the other hand, they are being given opportunities to use their experiments and higher scientific knowledge to repair the planet. This demonstrates the repetition process, where you are faced with a similar

situation from lifetime to lifetime until the lesson is learned. In a previous lifetime, you might have made the wrong choice, but in this lifetime, you have the opportunity to make the right choice.

Lemuria and Extraterrestrial Dependence

Lemuria was developed as an outpost by extraterrestrial sources. This outpost included the Sirians, Pleiadians, Andromedans, and Antareans. The Lemurian civilization predated the Atlantean civilization. These historic examples are being given to you to help you understand that the inherited archetypal history of these ancient civilizations is being played out now on Earth.

You might wonder why Earth is currently experiencing these planetary problems. This hidden knowledge (the history of previous planetary civilizations) is a major contributing factor to the conflicts you now see. Polarizations and conflicts give people opportunities to make decisions, hopefully based on higher wisdom and higher knowledge.

The Lemurian civilization was involved in interdimensional travel. They were more advanced than the Atlantean civilization, and their base was probably close to what is now modern-day Japan. Their central area of sacred energy was Mount Fuji. Mount Fuji has many sacred energies, but perhaps the most powerful is its connection with higher extraterrestrial and ancestral sources of galactic origins. The Lemurians were an advanced people with knowledge of extraterrestrial sources and interdimensional travel.

Unfortunately, the Lemurians were subject to competitive forces between rival groups from different planets. Their jealousy and desire to dominate the Lemurians eventually led to the collapse of the Lemurian civilization. The extraterrestrial/extradimensional beings responsible for organizing and promoting the civilization withdrew from Lemuria, and the remaining Lemurians returned to primitive conditions. They lost their advanced civilization.

Lessons that can be learned from Lemuria: “What is it like to live in a civilization that loses its connection to higher energy and higher powers? How do we still thrive in such situations?” There is also another, more difficult lesson: “Do we, or does a civilization, want to be dependent on extraterrestrial sources for our knowledge and information?” This question is significant, because extradimensional/extraterrestrial groups filter out and

decide what advanced technology they share. They do not share everything, only what is in their interests.

Ancient Galactic Drama

You and Earth are part of a cosmic and galactic drama. The building blocks of the cosmic drama transfer through the galaxy and reach Earth. Not only have you inherited physical particles from supernovas, but as the Adam species, you have also inherited spiritual conflicts and dramas from the galaxy.

An interesting factor in this galactic history is that other planetary systems are participating in the drama. I am referring to the Lyrans, who lived many millennia ago and are the source of earlier humans in this section of the galaxy. They were more advanced than the Atlanteans, Lemurians, and modern humans. They have the same conflict of spiritual wisdom versus technology. Military conflicts arose among the Lyrans, and these conflicts led to battles that, in some cases, caused entire planets to be destroyed.

Movies such as *Star Wars* appear to be fantastic fantasies, but they are archetypal stories based on real situations that occurred in the galaxy. Some groups from Lyran outposts went to places close to Earth, in particular the Pleiades. Some Lyrans escaped. This is another archetypal image that appears in the Superman comic book series. In this story, a planet faced imminent destruction. Superman's parents arranged for him to go to another planetary system to survive. This story represents a situation that occurred with the Lyrans. Lyrans escaped to ensure their survival from a devastating conflict. This galactic drama that occurred many millennia ago is in your DNA. Humans carry the memory of that conflict.

Your Traumatic Starseed Heritage

We like to talk about starseeds as more-awakened and more-advanced people. Starseeds remember some of their experiences on other planets. Many times, when we talk about starseeds and their memories, it evokes images of higher consciousness and higher development, but some situations from your starseed heritage are traumatic. Some of you experienced conflict on your previous planet; some of you escaped. Some of you saw civilizations and planets destroyed.

Recalling traumatic memories from a traumatic lifetime on another planet is a good talking point for understanding your current starseed mission. Imagine you were on a planet in conflict that experienced the polarization of technology and spiritual wisdom. Maybe you did not do enough to fulfill your mission or to counter some of the forces that eventually led to the destruction of that civilization or planet.

Now, on Earth, you have a chance to work more diligently toward resolving the planetary crisis. Now you have a chance to work more diligently toward repairing planetary conflicts. You are remembering your starseed heritage. You remember that those unresolved planetary conflicts ended in trauma. Now you are willing to work hard toward repairing and resolving this. You are willing to work toward expanding spiritual knowledge and wisdom. That is a great mission for starseeds.

[Chants]: "Oh, Oh." I call on the memory seals from past lives on other planets to be opened in each of you. Let those starseed memories, experiences, and knowledge come into your consciousness now. These memories will be a source of hidden knowledge revealed to you so that you can receive this higher wisdom from your galactic ancestry. We will go into a brief meditation now as you open up to this energy.

The seals from these past memories of your galactic ancestry are now opening. You can understand, on a personal basis, your past experiences. You will have the opportunities to resolve any unfinished business or traumas from your past lives now in this lifetime.

Your Starseed Mission

There were discussions and descriptions of ascension in some earlier religious texts. I am referring to Elijah, or the transfiguration of Jesus, and Enoch. In earlier times, people did not conceive of dimensions or that they could intersect with the possibility of graduating from Earth's reincarnational cycle. Some knew about reincarnation, but only recently has the magnitude of this ascension process come into the consciousness of the general population. Only a small percentage of people have responded to the clarion call for ascension.

Some of you starseeds have reincarnated from other third-dimensional planetary systems. Being on Earth at this time gives you the opportunity to experience an ascension, which is a rare phenomenon, even in the galaxy.

Part of the hidden knowledge is that Earth is part of the galactic heritage of civilizations. During ascension, the third and fifth dimensions intersect. Such an event does not happen in every part of the galaxy. Hidden knowledge is being revealed about unlocking the codes of ascension and unlocking the codes for mind expansion.

One of the most important and positive concepts of hidden knowledge is the promotion of the higher evolution of humanity. Starseeds and other powerful, spiritually advanced people can contribute to and accelerate the evolution of humanity. The good news is that with the history and awareness you have as a starseed and the information and experiences from your galactic heritage, you are in the most powerful position to accelerate the evolution of humanity to the omega man/woman point. This is the epitome of your mission, and each of you has a unique part in this.

Yes, this is a cosmic drama. Yes, it is polarizing the nation. Yes, it is the sixth mass extinction. But this current crisis is also an opportunity for change and evolution that has not occurred in the past.

The Atlantean and Lemurian civilizations ended in trauma that you may now be remembering. Our Arcturian mission is to promote your abilities, activations, and tremendous power and position to participate in the successful evolution of a planet so that spiritual wisdom will prevail.

Healing Energy Revealed

Helio-ah: I am so happy for this opportunity to work with you on the revelations of hidden wisdom and hidden knowledge now coming forth. In particular, let me speak to you about the hidden knowledge of healing arts and healing chambers. The knowledge of how to repair your soul is now being revealed — the nature of your soul and reality that Juliano and I call galactic spirituality.

A unique opening is occurring where the hidden knowledge of your multidimensional-being powers are being revealed. Your true nature as a multidimensional being is part of your advanced soul. Learning about your true nature involves who you really are in the galactic or extra-galactic process, because some of you have come from other galaxies, including the Andromeda galaxy. DNA and advanced light are being revealed. It is also a time of manifesting higher healing powers. Healing energies and advanced healing techniques are available.

In the shimmering technique, you work with the vibrational energy of the aura, which is an advanced technique coming into the universal consciousness of all who desire to expand their consciousnesses. In earlier times, you had to go through advanced training and certain religious upbringings to gain knowledge about aura training; that knowledge was only given to select people.

More spiritually advanced people are on the planet than ever before. More people are interacting with ascended masters and receiving positive advanced information on how to proceed. In ancient times, prophets were often focused on outcomes of war, and their psychic communications were more limited and not of the galactic nature now being presented. So this is a unique time when advanced galactic healing techniques and abilities are coming forth.

Look at yourself to determine how you are proceeding. Many of you are more powerful healers now than you were five years ago. Your understanding of the human aura, spiritual evolution, and spiritual light quotient is more advanced. This is a time when we, the Arcturians, want to reveal as much as possible, including our hidden knowledge about what we know about Earth's history. We are here to reveal our hidden teachings and understandings of what is occurring on other planets. We are here to reveal how other stages of development in planetary history have gone, and we want you to use that knowledge for both personal and planetary healing.

The concept of the planetary healer is an important development. Spiritually powerful people can influence a planet. I also have made available my healing chambers to many of you. I can work with you to resolve difficulties in relationships, economic and health situations, and blocks in your spiritual development. Cosmic energies are now available for healing you and this planet.

Meditation to Heal Your Dualistic Nature

When viewing the Planetary Tree of Life, you see that hidden knowledge is directly connected to undifferentiated energy. Higher cosmic energy and cosmic light contain quantum omega light. This cosmic energy is beyond polarization. It can absorb and transmute polarizations into the unity of higher energy. In the Tree of Life, we see that cosmic energy connects with hidden light.

The polarizations you experience can be brought into higher unity. You

cannot see higher unity until you bring conflict up to the cosmic level. To help you with this, I will lead you in this meditation:

~

COSMIC CROWN UNITY MEDITATION

See yourself in this lifetime with your struggles, conflicts, victories, challenges, successes, and weaknesses. See all aspects as part of your self, including those parts of you that are of duality. Now lift all these polarized, dualistic parts of your self to the cosmic sphere known as the crown. (It is also called the cosmic undifferentiated energy. Undifferentiated energy is a healing energy where all is as it should be and all comes back into unity.)

Rise up in meditation with your dualistic nature, and bring it into the sphere of cosmic light. We will go into silence now as you do this. Let all parts of your self be uplifted into cosmic unity.

~

In the future, we will do a special exercise to bring the energy field of Earth to this cosmic undifferentiated light where all is as it should be, all becomes unified, all is part of the yin and yang, all is part of the divine, and all experience cosmic healing. [Tones]: “Oh, oh.”

Do not hesitate to bring all your personal polarizations and dualities into this higher light when needed. As planetary healers, look forward to the powerful journey of elevating Earth into the great cosmic unity known as undifferentiated light for healing and evolution.

Chapter 8

Consciousness, Thought, and Manifestation

Juliano and the Arcturians

Consciousness is the ability to observe yourself. Like language, it is possessed only by humans — the Adam species on this planet. Consciousness does not only exist on the third dimension; it is interdimensional and even extradimensional. If you could dissect the brain and look at different cells, neurons, dendrites, and so on, you could not find consciousness. Consciousness needs the brain, but it also transcends the brain. This leads to interesting concepts such as quantum consciousness, quantum healing, and quantum entanglement.

"Quantum" is usually used in modern physics in reference to subatomic particles and how they behave, and "the quantum world" refers to the actions of subatomic particles. There has been criticism from the mystical world — which I think includes you, the starseeds, since you interact with the first dimension and the Arcturians. Terminology from modern physics is often used in an attempt to describe very complicated and hard to define mystical concepts. My answer to the criticism is simple: There is no other readily available terminology to describe the functioning of consciousness. This is because the brain and consciousness transcend the third dimension. The closest terminology available originates in modern physics and discussions of the quantum world.

Modern physicists often do not like the fact that mystics use terminology not meant for describing higher consciousness. There needs to be a coming

together of science and mysticism, science and philosophy, and science and the first dimension.

We, the Arcturians, are becoming more familiar with your language and thought fields, and we are trying to find new words to directly describe how physics and higher consciousness interact. For example, when we talk about interdimensional travel, we often say that thought travels at the fastest speed in the universe — faster than the speed of light. One of Einstein's major discoveries, however, was that nothing can travel faster than the speed of light. How do you reconcile these two observations? Is thought a type of particle that travels at enormous speed? Why can we not see the thought — in an atomic microscope, for example? This information will be discovered at a later time.

Think Positive Thoughts for Quantum Healing

Thought waves are actually a physical structure, but they are very difficult to measure. Part of the reason is that the electromagnetic energy of the thought is so small that there are no instruments available to measure it. It is possible to measure basic thought waves, which are classified as alpha, beta, and so on. But for advanced thought patterns related to bilocation, thought projection, and astral travel into the first dimension, these are far beyond normal thought powers.

Can thoughts change physical reality on Earth? Most scientific perspective comes from the dualistic world and claims it is not possible. In the dualistic world, you have thoughts and you have actions; they are separate. Most spiritually advanced people know that their thoughts can change physical reality; it is not a controversy among mystics. Even the most rigid scientist would agree that thoughts can change physical reality when it comes to moods and health. People's attitudes, including what they say and think, clearly affect these. It has been shown that when people with diseases such as cancer engage in positive thinking, they usually have a better outcome than those who are pessimistic.

There is even a concept in the healing world of doctors putting a "hex" or a "witch's curse" on a patient. This is an example of negative thinking affecting the physical reality of your health and survival. When a doctor discovers that a patient has cancer and says to the patient, "Well, I have bad news for you. We discovered you have cancer, and you will die in two

months. So please prepare yourself and put your affairs in order," it is like a death sentence and can have a dramatic effect on a person. It is not unusual for such patients to die within three or four weeks, even though they were told they had two months to live.

Interestingly, human observation affects subatomic particles and how they behave. When a human observes experiments with subatomic particles, then that observation can affect and influence the trajectory, spin, motion, or locality of that particle. There are certain characteristics in the physical world affected by consciousness in the form of observation.

We use the word "quantum" because it implies that the behavior of particles is affected by conscious observation, normal expectations, and logic. This is an expansion of the word "quantum." In some quantum healing experiments, a doctor would tell a sick patient, "We have a new drug that was discovered in the Amazon jungle, and it has miraculous effects. I was able to find a six-month supply, and I would like to try it on you. We have reports that it has cured many tumors." The pill was a placebo — just a sugar pill. Patients would take that "medicine," and their tumors would diminish. This is an example of quantum healing, because the healing process transcends logic and is affected by consciousness and expectations. In quantum healing, the doctor can set the patient up for powerful thinking and miraculously cure the patient's disease.

Strong Energy Fields Block COVID-19

In the case of COVID-19, your thoughts and use of medications or vitamins for protection are important and powerful. You can experience quantum healing and quantum protection by using aura-shimmering exercises and other aura techniques to protect your energy field. If you are around somebody who has COVID-19, you might experience a weakening of your energy field — especially if you are near a hot spot. It is a strange phenomenon that this virus has the ability to weaken a person's energy field. The energy of the virus tries to weaken your energy field first, and then it is able to enter. That is why your thoughts and the strengthening of your energy field through the aura exercises are important. Even if by chance one of the viruses got through, you would still have quantum healing techniques to help remove or evict the virus from your aura.

I will give you a formula for how thought changes reality: A+F+I–R = O.

The letter A stands for arcan power, F equals the power of focus, I is the intention, and R is the resistance to change that exists on the third dimension. The sum of these energies equals O, which is the outcome or probability of the outcome you are asking for. Basically, to have a successful outcome, you need high arcan thought power.

High arcan thought power is measured numerically. Intention is also measured numerically. The highest arcan power is 1,000, and the lowest arcan power is 1 or 0. "Arcan power" is the term used to measure the wattage of your thoughts. This takes into account resistance — the thickness and density of this world with the curtains that block the power of your thoughts. The arcan power is increased by intention, focus, and group work. Intention is measured on a scale of 1 to 10.

Overcome Resistance to Healing

Believe it or not, there is resistance to healing. There is resistance to the Arcturian work and planetary healing, cleaning the oceans, and preserving the forests and the biosphere. The arcan energy, the focus, and the intention can overcome this resistance. There is what you call evil or darkness in this world, and there are people, groups, and energies that want everyone to fail. This evil energy comes from many sources, including lower spirits such as ghosts and low entities such as the Grays.

In your world, dualism offers wonderful opportunities for soul growth. A choice between good and evil is necessary for soul growth to occur. Evil is often the source of resistance to the change. One of the mistakes planetary healers and starseeds make is that they do not consider how to deal with resistance — or maybe don't admit that there is resistance.

Evaluate the resistance. When you compute this — that is, A+F+I–R — you get an outcome based on the probability of a successful change occurring. This is where planetary healing borrows some thinking from the quantum world, dealing with probabilities. What type of change is likely to happen with your intervention, and does it change when you introduce an observer? Probability is important with regard to predictions. I can tell you that there is high probability that the coronavirus crisis will end by 2022. There is an 85 percent probability that this will occur. There is still a small probability that it ends at the end of this year. [**Editor's note:** This was channeled in May 2020.] This outcome would require spiritual changes.

Observation Changes Energy

Many of you have pointed out that one of the effects of the COVID-19 crisis is that there is less pollution in the air. Earth has many different ways of responding to imbalances and to the sixth mass extinction energy now. From Earth's standpoint, COVID-19 is a mild response. For humanity, it is not mild; it is causing harm to many people and changing political, economic, and social systems in dramatic ways. Earth has ways of returning to balance, and there is still time to change. If humanity makes changes now, the virus could retreat — if there is a commitment to balancing the planet.

One of the means for thought-changing activity is outside observation. The outside observation on workers' performance is known in the field of sociology as the Hawthorne effect: Observation changes energy. This is another phenomenon that exists in the quantum world, where observation of an experiment changes the outcome on a subatomic level. If there are people polluting the waterways and no one is watching, then those people or group will not feel guilty and can get away with it.

The effect of observation has tremendous ramifications for planetary healing work. This could include remote observation from different areas of the world. It could be observation from people near an event but far enough away to be safe. We are observing Earth, and we suggest you who are planetary healers also use your powers to observe Earth in your focus on biorelativity.

Use Galactic Blueprints to Form Desirable Outcomes

In the Kabbalah, there are four worlds that interact: thought, creation, formation, and action. In daily life, you might only see the world of action, yet the other three affect the outcome. In your planetary meditations, use visualizations of people doing things to help the environment. For example, visualize people protecting the Amazon jungle. Visualize groups of people cleaning the oceans. There was a wonderful example of a young starseed who developed a special boat to clean up tons of plastics in the ocean. Visualizations increase the focus of your work.

We are coming to the end of an era marked by male domination, misuse, and advanced technology. Some very good things have happened during this

era, but technology has led to destruction of the environment. We are faced with a world in which it does not appear that spiritual intervention is going to come from within government systems. The probability of world governments in unison turning toward planetary healing methods is low (under 20 percent).

The biosphere can be rebalanced in a positive way with minimal harshness. Let there be harmony on the planet, and let necessary changes happen in the least harmful way with the most compassion. When necessary, we must understand the harsh aspects of Earth changes with the knowledge that harshness will help to bring Earth back into a positive new balance. [Tones]: "Oh. Oh."

I see a time when the virus will be gone, there will be greater health, everyone's immune system will be strengthened, and there will be new awareness about keeping a safer environment.

Chapter 9

Your Energy Field during Planetary Events

Juliano, the Arcturians, and Helio-ah

Julian and the Arcturians: You are sensitive starseeds, and many of you are empaths, which means you are extremely sensitive to the pain and suffering occurring. It has been traumatic to be on this planet during this huge crisis [COVID-19 pandemic]. However, because of the crisis, there is an opportunity for change, for Earth as well as other planetary systems.

Change occurs in the evolutionary pattern during a planetary crisis. When everything is in homeostasis, there is no need for change, because there continues to be balance and harmony. From the planet's perspective, that means the feedback loop system and the self-regulating system of the planet do not need to change. However, now you are in a situation where Earth (we also refer to the spirit of Mother Earth as Gaia) is not able to keep up with the self-regulation process necessary to maintain homeostasis.

The planet is not in balance right now. This balance includes maintaining the proper atmospheric and oceanic temperatures, the proper oxygen and nitrogen composition, the proper radiation levels, and the proper levels of hidden forces unknown to humanity. These hidden forces contribute to the necessary planetary regulation on a deeper level. The planetary regulation system is overburdened, and Mother Earth is struggling to hold the balance.

There is an argument that Earth will continue and that even though humans are out of balance, Earth is not threatened. However, Earth's fate is intricately entwined in what humans do. Humans are primarily responsible

for this crisis, including the mass extinction. Humans are responsible for destroying many animal habitats and forests. Humans are responsible for putting carbon dioxide and greenhouse gases into the atmosphere as well as for placing plastics and other pollutants into the oceans. Humans are responsible for downloading large amounts of radiation into the biosphere, levels harmful to all life.

All life now is dependent on what humans do. All the life forms, all the species of plants and animals, are dependent on what humans do. This is the first time in the history of this planet that one species dominates all others. Humans are responsible for the ultimate outcome of this planetary crisis. From the galactic perspective, humanity is the crown jewel of this planet.

Recognize the Signs of Planetary Crisis

Mother Earth wants humans to succeed. Earth wants to thrive as a higher-level planet, which includes hosting evolving humans. It is only as a higher-level planet that humans can work with Earth to help Earth ascend. Earth is a living spirit. Earth is alive spiritually as well as physically, which includes characteristics of self-regulation, an important attribute of life. Earth wants to help humans to maintain the proper balance for life on all levels to assure that plant and animal life can thrive. But Earth's self-regulating system is stressed. It cannot keep up with the rapid changes caused by humans.

Earth is trying to maintain favorable temperatures and to control rain in dry and overly wet areas. The planetary regulating system is complex, and each part of the system requires effort and energy to hold this delicate balance. Earth is stressed and cannot keep up.

You see the symptoms of the planetary crisis on many different levels, such as the wildfires raging on the West Coast of the United States and the frequent and strong storms coming through during the hurricane season around the entire planet. The destruction of the forests in the Amazon is another symptom. The fires in the Amazon create a huge problem since the Amazon is responsible for producing 20 percent of all oxygen on the planet. Think for a moment what it means if the oxygen production levels on Earth continue to decrease.

For you, the starseeds, this is a traumatic time. It certainly is a traumatic time for many plants and animals, as they are facing extinction, and believe it or not, humans are also facing extinction. Since the plants and animals are at

risk for extinction, then humans are also at risk. Humans are affected by the destruction of the biosphere and thus the extinction process.

This COVID-19 virus is also a symptom of mass extinction events. It is our observation that the COVID-19 crisis will not reach that level, even though it is considered a pandemic, and that the number of deaths will not threaten the entire species. You as starseeds — as Arcturian Group of Forty members — are affected by this crisis. It is a traumatic experience to be on this planet now.

Evaluate Your Reactions to Global Trauma

You have wondered what it would be like to be on a fifth-dimensional planet that is not in the middle of a crisis and not involved in mass extinctions, a planet that lives in balance with all aspects of the planetary logos. Fifth-dimensional planets control disease outbreaks and viruses. They control the weather and geological patterns. You long to be on such a planet, to live in peace. Think how much easier it would be for your spiritual development to live on a spiritually balanced fifth-dimensional planet.

Maybe you are not totally aware how much you are affected by this planetary crisis. It might affect you on multiple levels below your consciousness. It could be affecting your health and your mood. Some of you suffer from chronic or global depressive reactions. You might look around and think: “Well, everything in my life is going well. I feel relatively healthy, and I have completed many needed tasks. However, I still feel depressed or slowed down.” This is a reaction to this global trauma.

There is part of you that wants to shut down. Who would want to live in the middle of a planetary crisis, especially when you consider that it could potentially get worse? Right now, I estimate you are only 40 percent through this planetary crisis and Earth is one-third of the way through it. At this time, there is no global movement to repair or stop this crisis, stop the out-of-balance greenhouse gases, or stop the out-of-balance destructions of the biosphere, including the forests. That means this planetary imbalance is out of control.

We want to help you to deal with this trauma and to help you to support yourself and your energy field. For example, the smoke and haze from the California and West Coast wildfires affected many of you. This smoke and haze traveled around the planet. There are also fires causing pollutions from

other places around the globe, such as the Amazon. These fires create smoke that travels around the planet as well. In the same way, the radiation pollution from Fukushima travels around the planet. There are still harmful discharges from Chernobyl, which happened thirty years ago or longer. Oil spills that occurred in the Gulf of Mexico still affect the ocean currents.

Align Your Frequency to Receive Ascension Energy

It is still possible to be spiritually healthy during a planetary crisis. It is still possible to heal your soul, and of course, it is still possible to ascend at this time. The planetary crisis does not stop the ascension; it actually makes the ascension more necessary. It creates a greater pull on accelerating the spiritual download of higher energy from the fifth dimension into Earth.

Consider using Helio-ah's healing chambers to repair your energy field, your aura, during this time of crisis. Which part of you ascends? Which part of you are you going to bring to the fifth dimension? The physical body as you see it and know it is not going to ascend with you. Why would you want to bring your physical body with you? That body is only here to serve you in a certain capacity while you are on Earth, but once you are done, you leave this body behind.

In the ascension, the physical body is transmuted into a higher energy field. For that transmutation to occur, your aura must be at a certain vibration, pulsing at the right frequency. As they intersect, a special frequency of light is downloaded into the third dimension from the fifth dimension. This frequency of light can be received by those who are at the same frequency. Therefore, you can prepare for the ascension, which includes aligning certain frequency sensitivities to receive the ascension energy.

To ascend, you must be tuned in to the ascension frequencies, which can occur on many levels. This can include tuning in with your mental body, your emotional body, your spiritual body, and even your physical body. You only need to be tuned in with one of those bodies to have an effective transmutation, which means if you are mentally aligned with this ascension work, then you will be able to download the fifth-dimensional frequencies needed. If you are spiritually and mentally aligned, so much the better, and if you are also emotionally aligned, then that's even better.

Alignment also includes maintaining purity in your energy field (your aura) and the ability for your aura to vibrate at the highest level. Experiencing trauma, depression, and sadness over Earth events can slow down the pulsing of your aura. This is considered a natural response. You who are so sensitive cannot avoid the traumatic reaction of being on this planet and witnessing these global crises and catastrophic events to the biosphere.

I now call on my Arcturian colleague Helio-ah to speak to you today about healing and cleaning your energy field in preparation for your ascension. This purification and cleansing process is always available, and it might be necessary for you to participate in these types of healings more often as the catastrophes and trauma continue. There will be a greater burden on you and your energy field and thus a greater need for you to purify and cleanse with energetic exercises.

You Are a Free Spirit

Helio-ah: [Chants]: "Helio-ah, Helio-ah." I am Juliano's partner. We work together in this Group of Forty project to help activate starseeds like you and to provide information and direction for your ascension work.

We have special healing chambers on our starship, Athena, to assist the Arcturian starseeds and Group of Forty members working toward the ascension. Even if you are at the highest spiritual vibration possible on Earth, there will be additional healing necessary at the time of your ascension. The densities on this planet and the energy burden from Earth changes are compounded by your extreme sensitivity.

The healing chamber has been prepared for you today to help you cleanse and discharge some of this energy from the trauma of being on planet Earth now. Remember, you are not going to take your physical body with you when you ascend, and in this exercise, you leave your physical body behind. You will discharge the traumatic energy strings attached to you so that when you return to the physical body, you will be able to energize your physical structure.

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RELEASE TRAUMA ATTACHMENTS

Close your eyes and take three deep breaths. Feel the center of the

room slowly begin to spin, giving you the impression that you are on a merry-go-round. This spinning in the room does not cause dizziness. Rather, it helps to loosen the spirit body's attachment to the physical body, and the cords of attachments are temporarily loosened. The main cord of attachment is the astral cord. It's usually in the center of your body, and there also are minor "subcords" of attachment. As you spin around the room, these subcords release. You maintain the astral cord because you will return to your body.

Rise in spirit from your physical body, and meet me in the corridor in front of your room. I, Helio-ah, appear to you. I am multidimensional, so I can simultaneously greet each of you. Take my hand, and at the speed of thought, we travel through a corridor of light that is especially set up for you to go to our starship now. [Chant repeated at various speeds]: "Ta, ta, ta." You arrive at my starship in your spirit body.

You have successfully thought-projected yourself into my starship. Come with me; walk down this hallway. We enter the special healing chamber. It is a large room with a beautiful wall of light in the center. Some think it looks like a kaleidoscope. It has special features similar to what is known in your world as a planetarium. This planetarium has reflective energy and provides a direct link to other star systems. It projects the current arrangement of stars from the perspective of Earth on the ceiling. This creates a wonderful feeling of cosmic light and cosmic energy. [Chants]: "Oh, oh."

You are in the room and have a seat in one of my beautiful chairs. You feel comfortable and free of the burdens of being on Earth. I bathe you in a special planetary light frequency that cleanses and removes the effects of any trauma on your aura. [Chants]: "Oh, oh." Discharge any attachments you have to Earth's drama and to the Earth crisis. Release all depression, sadness, and emotional burdens that you feel from the Earth experience now on all levels, even in the deep below-consciousness level. Release now.

Feel yourself as a free spirit. That means you are not attached to Earth. You are a free spirit in the galaxy — free to travel interdimensionally, free to travel to other planetary systems, free to travel to the fifth dimension, and free to graduate from planet Earth

and ascend. This is the power that you are being bathed in now from this light. Stay with this experience of cleansing and energy purification.

You enjoy this experience, being bathed in this light. It goes into deep parts of your energy field, purifying you, releasing trauma energy threads that have attached to your aura. This healing room has a special power to absorb all you release and remove attachments from your aura. A further cleansing is taking place. I am sending down a second stream of golden light. The first light helped to release those traumatic threads from the Earth experience. Now there is a new white and golden light coming down from the healing chamber's ceiling. It is more purifying. Receive that light now. [Chants]: "Oh, oh." You have received this light energy, and you are in a pure form of soul light.

Each of you is sparkling. From here, you can look down at Earth with a higher perspective. From the higher perspective, you can see the great drama occurring on this planet, and you can see that you each have a soul mission to fulfill on the highest level. You will return to your Earth body refreshed, cleansed, and free from the side effects of the Earth crisis that you are witnessing. You will return with greater energetic strength and fortitude.

The healing chamber now emits the third level of light, which is blue. This light helps to seal the purification experience. Experience this blue light now, and feel this purification light sealing the purity in your aura. [Chants]: "Oh, oh." The sealing has been completed.

Now we will return to Earth. Step out of your chair and stand up. Follow me out of the healing chamber, saying goodbye to the kaleidoscope-planetarium-like apparatus in the center of the room, knowing that you will be able to return to this healing chamber anytime in the future. This healing chamber light is linked to all the star systems in this galaxy.

We come to the exit, which is connected to a corridor that will return you to your body on Earth. Take my hand and step into the corridor. We travel at the speed of thought back to your room and back to your home. [Chants]: "Ta, ta, ta, ta." You are now above the room where you started. You notice that your energy field is already

more expanded, wider and fuller, than when you left.

To the best of your ability, align your energy field with your physical body, but do not go into the physical body yet. You require a small contraction to go back into your physical body because your aura is wider. Remember that, when you go back into your physical body, only a part of your aura enters, which is called the central core. Part of your aura will remain outside of the physical body. A healthy aura will extend 8 to 12 inches away from your physical body.

Get ready to reenter the physical body in perfect alignment now. You are back in your physical body feeling refreshed! Your aura is in the perfect shape of a cosmic egg, and your energy field is expanded almost 12 inches from your body. Your aura core is inside your body. You have a glow of blue light helping to seal the purification in your energy field. You totally integrate this purity in your system. You have a greater resilience and a higher energetic perspective. You now have a greater ability to transmute yourself into higher spiritual frequencies when the ascension light comes.

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Chapter 10

Evolutionary Change during Times of Crisis

Juliano and the Arcturians

Evolutionary change and shift must occur for the planet to break out of and repair this current planetary crisis. Our studies on evolution include observations of other planetary systems besides Earth. Of course, we have also studied Earth for many centuries and have quite a bit of data on how change occurs on a planet. Our conclusion is straightforward and simple: Evolutionary change occurs during crises.

The codes of ascension are contained and activated through certain sacred words and tones. As discussed in chapter 5, with the proper meditation, focus, and repetition, these special coded tones can open areas in the brain that influence higher consciousness — the reticular activating system. As we have shared with you, a valve in the biochemical position can be opened when you articulate or meditate on certain codes, the codes of ascension.

We have made reference to the sacred Hebrew tones we use, "*Kadosh, kadosh, kadosh, Adonai Tzevaoth*," as an example of a phrase or mantra that contains the specialized tones needed for unlocking the codes of ascension. When these tones are repeated with the proper intention and intonation, parts of the brain open. The codes of ascension then open the valve of the reticular activating system, which allows the proper development and upliftment of higher consciousness for you to ascend. Repeating these codes and meditating on them plays an important role in your preparation for ascension.

There also are codes for human evolution and for the general species. The

codes of ascension are for your personal transformation. Part of your mission in coming to Earth at this time is to help activate the codes of evolution for humanity.

Activate Your Primordial Adam

The primordial Adam (Adam Kadmon in Hebrew) represents the perfected state and the optimal state of development of humanity. One can say that this is the highest potential. That means the prototype contains all the highest possibilities of evolution and unfoldment. You contain the basic codes and genetic structure from primordial Adam. This means you only have to be under the right influence, the right coded language, or the right energy to activate both your personal evolution from the primordial Adam and also for the species. The primordial Adam, which is referred to in the Kabbalah as Adam Kadmon, is called the prototype, or model, for the perfect human. It is exciting that you, as a starseed, have the ability to participate in the evolutionary change for humanity.

Evolutionary change can occur quickly. You might think that evolution occurs slowly, over several millennia or perhaps over several lifetimes. The evolutionary change that we are referring to is higher consciousness. It is not a change in which you grow a new appendage or grow more fingers or toes; it is a change of higher consciousness. This evolutionary change can be directed by humanity, because it is already programmed into your system and genetic codes — that is, the codes for higher consciousness and the next step in evolution.

Humanity is responsible for the sixth mass extinction. This is the first time in the history of the planet that one species has assumed the responsibility of life and death of every plant and animal on the planet. The existence of every living organism on this planet now depends on what humanity does. But there is a second part of this that says humanity also is in the unique position to control or direct its own evolution.

Never before in the history of the planet has one species been in this dual position of being able to control and direct its own evolution. On the negative side, we can say that never before has one species become so powerful that all life forms depend on it. And at the same time, we can say never before in the history of the planet has one species been in this position where it can control its evolution. Part of the starseed mission is working together to

awaken and implement this positive evolutionary control.

Let us take a moment to align ourselves to a higher vibration with the tones of personal ascension. [Sings]: "*Kadosh, kadosh, kadosh, Adonai Tzevaoth*." Let the codes of your personal ascension open. Open to the codes of the human species' ascension and the human species' evolutionary change that is part of the primordial Adam codes within you.

Naturally, it is more complex to activate the codes for a species. Certainly, it is complicated to activate a code for your individual transformation, and that work, in itself, is a great accomplishment and equal to why you may have decided to come to this planet now. Working on the codes for an entire species is highly technical and advanced. We, the Arcturians, study this process closely, because we feel it is of vital importance to humanity.

It is vitally important to us to understand how a species can direct its evolution. Part of our mission is to learn this and to facilitate that process on planets, to assist and consult when appropriate, with different species throughout the galaxy who are in similar situations as Earth is in now. Other planetary systems in this galaxy are either going through the same problem or have gone through the same problem. Some civilizations in other parts of the galaxy were unsuccessful in resolving their planetary crises. Their civilizations were destroyed, and in a few cases, their planets were destroyed. Remember, the definition of this crisis is that if the problem is not resolved, then life as you know it could end on a planet. Naturally, then, we want to study what works and what does not work for a species such as humanity to evolve.

You are not the only Adam species; you are not the only humans in the galaxy. It is well known that the Pleiadians are in human form. Others have human form, and we, the Arcturians, also have a modified human form. Our evolution has taken us to a place that has allowed us to develop different digestive systems. We do not need meat or other heavy foods that you now eat, so a lot of our energies are not devoted to processing and digesting food. That really frees up a lot of our energy for spiritual matters.

Righteous People Accelerate Evolution

Here are some observations on what seems to work in terms of species evolving successfully in such a crisis: Evolution is accelerated by the number of righteous people on a planet, and this idea of righteous people is even

included in some biblical texts and in mystical discourses. There is the concept in the Kabbalah of the Vovniks, or the thirty-six righteous people. The world is able to stay focused and in order because of the existence of these thirty-six righteous people.

How many righteous people would it take to make an evolutionary change now? The thirty-six righteous people only hold the energy for what's required to continue civilization. They usually do not hold the energy or move it in a direction of higher evolution even though they represent the higher-evolutionary species. But what is 36 people compared to 8 billion? My answer is to look at the effect on the world of one strong spiritual person, such as Buddha, Moses, or Jesus. One person has tremendous power to change the evolutionary status of a species. These are three good examples of strong spiritual leaders who have attempted to change human evolution.

The number for accelerating evolutionary change could be the 1,600 righteous starseeds that we have talked about over the years. This concept suggests there is a need for 1,600 people who can intensely process and focus on the evolutionary shift and the opening of the evolutionary process. This is sometimes referred to as transfiguration, or the ability to go into a higher state of development to accomplish evolutionary change.

We can use that as a model for others to follow. Transfiguration was a technique that was first developed and used by Jesus, who appeared to his followers in his lightbody by a mountain. His followers were immediately overcome with the power of light he emitted when he practiced transfiguration. His ability was a model for how to move into higher states and for what a person can achieve with higher thought powers.

Spiritual Awakening Originates from the Central Sun

Sixteen-hundred people who are starseeds and committed to evolutionary change can have a powerful effect. Changing the evolution of a species requires intense power of thought. We have helped you by downloading the twelve etheric crystals and working in particular with the Iskalia mirror (an etheric mirror over the North Pole that is in alignment with the Central Sun).

Meditation shows great promise for aiding change and the necessary downloading to move the whole species to the next stage of development —

the omega man/woman, or the *Homo omega*. The *Homo omega* could be represented by some higher beings, such as Buddha, Moses, and Jesus. This species has the ability to experience unity and consciousness with the fifth dimension.

I believe the most powerful way to bring down the necessary energy and change for the evolution of humanity rests with the ability to connect with Central Sun light and Central Sun energy. The Central Sun is the focus of all new life, continuation of life, and new consciousness. Central Sun light has the ability to transform a species. One must know how to meditate with Central Sun light and focus it in a particular method or technique to change the species. It is true that the Central Sun is distant from Earth. Some estimates indicate Earth's distance from the Central Sun is 26,000 light-years, an enormous distance that no one would be able to travel in numerous lifetimes, let alone one lifetime.

Please remember that Central Sun energy is fifth dimensional. Central Sun light is not the black hole in the center of the universe; it is an interdimensional, higher-dimensional vortex of powerful light. Jesus, Moses, and Buddha came from the Central Sun; all great spiritual awakenings have originated from the Central Sun. The solar system made a special alignment with the Central Sun on December 22, 2012. There are various interpretations of what that alignment means. Some interpretations predict end-times events. On the other hand, if you look at what is happening now it seems you are still in the shadow of the 2012 alignment and that there is some truth in the 2012 prophecies that focused on dramatic changes coming to Earth.

The 2012 prophecies did not speak about the positive side of the alignment: A light frequency is transcending all space and time continuums that can come to Earth. The Iskalia mirror is a special tool for receiving and directing the light from the Central Sun, and it can focus that light. The Iskalia mirror serves in a similar way as a radio telescope or a normal satellite dish in that it gathers light from a distant place and focuses it in a particular image or in a particular central position. Thus, light from a distant source can be used, interpreted, and transfigured. We want to use that special distant frequency of light to accelerate the evolutionary change for humanity.

Powerful, Positive Change Is Imminent

I want to make a specific point about another major earth-change event

coming. Do you remember that I had prophesied two major events in 2020? The first event was the COVID-19 crisis, and many have also asked me about the next event. Of course, we have gone over different possibilities, all of them resulting in potential major upheavals. I have discussed things such as major earth changes coming from wars and even volcanic eruptions or earthquakes that would cause further upheavals. There is a possibility that the second event can be a powerful awakening, a powerful transformation, and a powerful upliftment.

It is necessary to protect the energy fields of different potential disaster areas so that there will not be another Fukushima crisis, for example, or another Chernobyl. Let us focus on a powerful awakening, a powerful positive intervention for human evolution. Meditating on accelerating human evolution in a positive direction could be the most helpful work starseeds can do to bring about needed planetary change.

When I reviewed these points of the study of evolution on other planets with my colleagues, including Tomar, Helio-ah, and Lord Arcturus, they asked me to share this with you: A positive evolutionary shift or change can come from a first contact.

There have been other "first" contacts. I give the example of Moses, who demonstrated there can be a first contact with higher-dimensional powers, especially when he went up to Mount Sinai. He continued his contacts during his journey through the desert for forty years. Forty is a magical and powerful number. Members of the Arcturian Group of Forty have asked why we use the word "forty," and I want to remind everyone that 40 is a mystical and transformational number. It is a number of completion, and it represents a process in which a major transformation occurs. This number also relates to Jesus when he was out in the desert for forty days.

There are other examples of the magical power of forty. When we are talking about the Group of Forty, we are talking about Arcturian starseeds who recognize and are willing to experience the process of transformation to the fifth dimension. In Moses's case, he attempted to transmute and upgrade the evolutionary process of an entire group, which, by some estimates, included 500,000 to 2 million people. Jesus attempted to change the evolutionary process for the entire planet. During the time he lived in the Roman world, 50 million people lived in the empire. Here is an example of a person who was trying to change the evolutionary process for 50 million people.

We know from author and UFO researcher Erik von Daniken that first contacts have taken place with indigenous groups of the Maya and Sumer civilizations. First contact should be evaluated in terms of how contact with higher-dimensional beings will accelerate the evolution of humanity. We are not looking for just any extraterrestrial contact with a species. There have been recent contacts with the Grays, for example, and that species has done nothing to accelerate the evolution of humanity. They are more self-centered and, in some respects, have caused damage to the human evolutionary process.

One of humankind's strengths is that they have positive genetic codes. Pure genetic codes exist throughout the galaxy, and one of the best places for these codes is Earth. Why are so many of these beings visiting Earth? Why are so many Grays or other lower beings, such as Reptilians, coming to Earth and trying to interfere? The answer is your genetic structure. They do not come here to mine gold or other natural resources. The real treasure they seek is your genetic structure. This is amazing, because it means that, despite all the interferences and darkness occurring on Earth, the human genetic code is still one of the purest codes in the galaxy.

Evolutionary Code Meditation

The next step in our work is to activate these evolutionary codes through a special meditation. We will use the Iskalia mirror and the light from the Central Sun to download it into an activation code for the acceleration of the human species' evolution to *Homo omega*.

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Take three deep breaths and let your body relax. At the same time, know that your crown chakra is opening up dramatically and that you have heightened powers as your reticular activating system — your assemblage point — now opens.

Allow your spirit body to rise up through your crown chakra to the top of the room, where you meet me and the other three masters who are with me today: Helio-ah, Tomar, and Lord Arcturus. Choose one of us, and together we enter the corridor of light they provide for you now. Travel at the speed of thought to the Iskalia mirror above the

North Pole. [Tones]: “Ta ta ta.”

We are all together now, sitting around the North Pole in a circle around the Iskalia mirror. The Iskalia mirror is a beautiful oval shape and at least 1 mile in diameter. It is calibrated in perfect alignment with the Central Sun. Calibrate your magnetic energy field and thought forms with the Iskalia mirror. This means you are part of the Iskalia mirror and you are interacting with its receptivity.

One of the great features of this mirror is that you can merge with it. It is not like a normal telescope, where you have to adjust the images and it passes through a computer. You are the computer; you are the receiver of all the energy the Iskalia mirror is now receiving from the Central Sun. I, Juliano, with the assistance of Helio-ah, Tomar, and Lord Arcturus, now calibrate the Iskalia mirror to receive a special frequency of light from the Central Sun that will activate and accelerate human evolution to *Homo omega*. [Chants]: “Om.”

Let us meditate. Let us interact with this energy, and let us receive this light as we, our team here, work to hold the calibration and the position of the Iskalia mirror so that it receives the optimal, evolutionary, accelerating light that can be downloaded by you, the starseeds, for this evolutionary change in humanity.

Remember, my Arcturian team and you are working to keep the calibration in alignment for the downloading of this special light and evolutionary-change frequency. We have gathered a tremendous frequency of light, and now a figure appears at the North Pole next to the Iskalia mirror. I call this figure the primordial Adam. It is the prototype for the omega man/woman. The figure contains the prototype for *Homo omega*. *Homo omega* is part of you.

You hold within you the information and light from this prototype. The prototype appears in a form right next to us. It appears as the omega human’s energy field, the *Homo omega*. It is a gigantic, etheric figure. It is not just a normal human; it can be considered a gigantic prototype.

Now, with our power of thought projection, transfer the energy from the Iskalia mirror directly into the heart chakra of the omega man/woman prototype standing before us. Let this process begin. [Chants]: “Omega light from the Central Sun activating now the

higher evolutionary shift for humanity." Let us continue in meditation as we fill this prototype of energy. [Chants]: "Omega light." [Silence.]

This primordial figure of higher evolution is filling with this light from the Central Sun and this activating thought power. It is beautiful. The figure becomes brighter, and now, with our powers of arcan energy, we download this figure into the noosphere of Gaia at the count of three: one, two, three. [Chants]: "*Homo omega* is now being downloaded into the new noosphere of Mother Earth."

Visualize this affirmation on an etheric screen in front of the Iskalia mirror: "Let the first contact represent the second major event we experience. Let a higher being from the fifth dimension help accelerate this evolutionary process now." [Chants]: "Omega light, omega light."

The download has been successful. The Iskalia mirror remains in alignment with the transformational light from the Central Sun, which represents evolutionary, positive change. The light from the Central Sun is now downloaded into the *Homo omega* primordial Adam figure and into the noosphere of Earth and humanity, meaning implementations and manifestations of this evolutionary process will occur soon on Earth.

It is time for us to leave this meditation at the Iskalia mirror. My team embraces you, and you receive a special greeting from Lord Arcturus, who is deeply involved in helping you in this difficult process. You are courageous and a true pioneer of evolutionary change.

You bilocate through the corridor and return into your physical body in your room at the count of three: one, two, three. And now you are at a place where you can use the perfect alignment to reenter your physical body, bringing with you this higher alignment.

The omega light from the Central Sun that can be used for accelerating evolution is also now within you. You represent and hold the light for the next evolutionary stage. You hold the light for a higher contact from beings of light who have come, such as we, the Arcturians, to accelerate the evolution of humanity. [Chants]: "Om."

Let us meditate together for several more minutes as we hold this energy. The alignment is still operational.

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Hold this alignment in your Earth body with the Iskalia mirror and the Central Sun. The strand of light for evolutionary, positive change is within you. Enjoy this, and use it for the highest good. And so it shall be.

Chapter 11

Galactic Interactions through the Subtle Body

Juliano, the Arcturians, and Helio-ah

David: The subtle body consists of focal points called chakras. It has supernatural powers. According to many Eastern traditions, such as Indian mysticism and Buddhism, the subtle body consists of layers of human energy fields, such as the astral body, the aura, and the physical body.

In modern mystical texts, the subtle body is called the divine body, and its multidimensional higher powers are recognized as the ability to transmigrate, merge into a body of light (with one's lightbody), and ascend. As you progress spiritually, you can gain better access and control of your subtle body.

Energetic Communications

Juliano and the Arcturians: From our perspective, the aura is the energy field of only the physical body. Therefore, the aura is mostly third dimensional, but it has connections to other energy fields. The subtle body includes the aura, and it goes beyond the third dimension. It is able to do remarkable feats.

The subtle body is able to reach out to other life forms in the galaxy. Current Earth astronomers are searching for extraterrestrial life and extraterrestrial communications through the SETI program. They use huge radio telescopes that scan the skies for contact with higher intelligence. To

this date, they have not found any such communications. This has been compared to looking for a needle in a haystack because of the tremendous distances involved.

One must take into account the vastness of outer space and the extraordinary luck that one would need to coordinate the following factors: (1) the revolution of Earth and the solar system, (2) the revolution of the stars, and (3) the revolution of the galaxy. That might only leave a window for a few brief seconds to allow a contact to be found. To make contact with another galactic civilization, the signal would need tremendous power. This requires a massive amount of energy.

The other problem is, of course, the distance. You know how extraordinarily vast the galaxy is. It has been estimated that in your solar system, Earth is approximately two-thirds of the way from the center of the galaxy, and that is 26,000 to 30,000 light-years from the Galactic Center. We view this attempt of SETI as primitive. We have higher technologies that are more accurate and easier. This methodology employs the subtle body.

The subtle body can scan for life forms in a galaxy. We have the ability to enhance the operation and the implementation of the subtle body. The subtle body can work in coordination with certain advanced computer systems. We have identified 5,000 advanced civilizations in the Milky Way galaxy. This approach gives you a taste of the abilities of the subtle body, because the subtle body can reach out across vast spaces, go through different space-time dimensions and realms, and extend into other galaxies.

We have the ability to travel at the speed of thought, which is faster than the speed of light. In effect, the speed of thought is immeasurable in Earth terminology. In some cases, traveling at the speed of thought is instantaneous. So the subtle body, with the proper instructions and preparations, can travel across the galaxy or even to another galaxy at a tremendous speed.

When you program the subtle body, you can activate its special sensors, which is useful in identifying extraterrestrial civilizations. This is how we search the Milky Way galaxy. We have the advantage of experience and special computer-integrated systems that work with the subtle body.

Our mission is to help Earth and humanity on several levels. The first part of our mission is to help prepare and consult with humanity and the starseeds about the ascension and what it means. The second part is to help activate and prepare the species known as the humans, or the Adam race, to evolve to

higher planetary consciousness and higher realms. That is to say, to help them to evolve to a higher species.

The Unified Field of Galactic Consciousness

The omega man/woman has the special feature of integrated, planetary consciousness and the ability to interact with the fifth dimension, as well as the ability to integrate the subtle body into its functions. The subtle bodies of all civilizations in this galaxy interact with each other. This is an amazing observation, and this, in part, explains why we as higher-dimensional, extraterrestrial beings have a mission to work with you.

The subtle energy fields are all living beings part of the unified field of galactic consciousness. So whatever happens at one civilization or one planet, such as Earth, affects other energy fields in the galaxy. What you do and how you deal with these polarizations — for example, conflicts and life-and-death struggles of your biosphere — will affect the subtle energy field of other galactic beings. This is why the Galactic Council, which is composed of galactic ascended masters, has taken an interest in Earth. They have directed higher beings, such as the Arcturians and other galactic ascended masters, to work with Earth.

Your Earth-based actions and your energies have been received by those of higher consciousness. Therefore, we use our energy and abilities to help motivate and to assist your evolution, and this requires a lot of teaching and consultations. Over the past 100 years, there has been an increase in planetary consciousness and in ascended masters, guides, and teachers who have come to Earth to promote consciousness evolution.

The subtle body has amazing powers: psychic abilities involving interdimensional travel and interaction with galactic beings. There have not been as many contacts with higher-dimensional beings on this planet as there are right now, and this includes contacts through channeling. This includes direct contact with extraterrestrial beings and lower-energy abductions by fourth-dimensional beings. There also is more high-energy travel, where people are voluntarily going on starships. This includes the work going on in dream time.

The subtle body is extremely active in dream time, and there are some starseeds working in a special dream time. The beauty of dream time is that you have direct access to your subtle body without any other blocks. These

blocks that are normally in existence in your third-dimensional body have been taught to you. You have been trained culturally to block out information and communication with the subtle body.

Lacking contact and information about your subtle body has harmed your civilization, because these times devalue spiritual development and instead emphasize material gain. This lack of spiritual contact is one of the reasons the ascension is being introduced, because part of the teachings of the ascension is to open up spiritual areas in the physical body, such as the reticular activating system, also called the assemblage point. By doing that, you would have more direct interaction and more abilities to use and interact with the subtle body.

One technique is called identification with the subtle body. It is simple. Right now, you identify with your physical body even though you might, in your belief system, realize that you are greater than your physical body. Culturally, you are trained to maintain a strong identification of existence with your physical body. This is one of the reasons there is such a fear of death in the Western world, because the physical body is subject to certain limitations. Over time the physical body will decline and leave you with a feeling of loss and fear. When you identify with your subtle body, you do not have such feelings. The subtle body is connected to your soul. It has luminous strands of light, or etheric cables, that connect to the Source of all.

Radiation Effects Are Interdimensional

Your true nature is in alignment with the subtle body, because your true nature consists of luminous light. At a higher state of perception, when you look at yourself or another person, you will not see clothes or a face. You will see a luminous, electromagnetic being of light. You will see that each person has deep connections to different realms.

The subtle body is greater than the aura. The aura is included in the subtle body, but the subtle body surpasses that restricted energy field. In fact, the aura is considered the energy field around your physical body, and the subtle body is considered your infinite and eternal energy field. It has abilities far beyond what you can imagine. You do not normally identify with the subtle body. One way to work with the subtle body is through strengthening your identification with it.

Interestingly, there are certain aspects of your third-dimensional

experience that inhibit your identification with your subtle body, and there are certain energy fields that can harm your subtle body. We have always been concerned about radiation, the nuclear energy contamination, on Earth. Radiation destroys the biosphere, and the nuclear exposure to high amounts of radiation can affect the connection you have with the subtle body, causing distortions.

Remember, I said that the consciousness of a planet is communicated in the subtle energy fields throughout the galaxy, and that means higher beings such as the Galactic Council can sense energy work and energy actions here on Earth. Radiation has the potential for being interdimensional. The effects of the energy field of radiation are not well understood on Earth. Most scientists have no idea that radiation is interdimensional and can travel through the subtle energy fields of a person. It can be communicated and transmitted throughout the galaxy.

This explains why the ascended guides and teachers working with Earth have specifically set up a protective energy field so that this nuclear energy weaponry will not be transmitted outside of your solar system. Maybe you heard discussions like this many years ago when we were talking about the first atomic bomb that went off on this planet in Hiroshima.

That first atomic bomb set off a wave in Earth's subtle energy fields and was received throughout the galaxy. That may be hard for you to imagine or believe. How can one small atomic bomb set off a wave of energy that can be picked up by higher beings far outside Earth? Remember, nuclear explosions have an interdimensional ability that can transcend normal energy.

The first nuclear bomb explosion sparked an acceleration of the ascended masters' work with Earth. We saw potential danger from the interference and the damage that can be done, and it has been our mission, along with other ascended masters, to protect and counsel as many people as possible about the harmful effects of radiation.

I realize there are lower levels of radiation, such as what is being used for medical purposes. I am talking specifically about nuclear bomb radiation as the danger, including the meltdown of a nuclear reactor, which we have seen at Fukushima. This accident is still the number one threat to the biosphere and to all life forms on Earth. It's been eight or nine years since the accident, and it is still issuing levels of radiation equal to the first year of the meltdown. There is no slowing down this dangerous emission rate. There is some minor containment but not enough to say that the leakages have been

stopped or that the danger has passed.

This radiation leakage is one source of possible harm to the subtle body. There are other traumas now occurring to Earth's biosphere on Earth, including contaminations and interdimensional space-time distortions that also can affect the subtle body.

Part of our other mission is to help you to purify, reassess, and realign your subtle body. We have the technology to help you do this. Helio-ah, my colleague and partner, has special healing chambers that help with this work. We also have the special healing chambers in Tomar's temple, which can do great purification on your subtle body.

The Soul Can Help to Heal the Subtle Body

The subtle body is directly connected to your soul through luminous cords and luminous cables. The subtle body is able to communicate through these cables. The soul is above the subtle body, and they are highly interactive. If there is a distortion or damage to the subtle body, then the soul can respond, and the soul will seek out ways of repairing the subtle body. This means that the subtle body often needs to be repaired and purified. There are particular experiences on the third dimension that give you access to do this.

The idea of ascension is that you use this alchemical, transformational process in which your physical body transforms into another energy field, and then that energy field is able to transfer you into another realm. Think for a moment: If you are totally identified with your subtle body, then you can "give up" your physical body with joy. Then the subtle body can easily enter higher dimensions and transfer you to other realms.

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GALACTIC CITIZEN MEDITATION

[Tones.] Take three deep breaths. Experience a state of relaxation in which you become aware of your energy field around the physical body, and feel the beautiful, joyful shape known as the subtle body, which is above your aura. It is above the cosmic egg.

Make your aura the shape of the cosmic egg. This prepares you for being in your subtle body. The subtle body can also be called the lightbody. The lightbody is luminously bright. The subtle lightbody is

your true essence. You have only come down into this third-dimensional body as part of an experience, traveling on your soul journey. You are not totally who you are in this physical body. You are greater than this physical body.

Allow yourself to go upward into your subtle lightbody now. Some have even called this the I Am presence. Affirm: “I am my lightbody. I am my subtle energy-field lightbody.”

Open the antenna of your lightbody, which is at the crown chakra. Prepare yourself to receive communications from the ascended masters and other higher consciousness beings around this galaxy. Space, time, and distance are not meaningful as they are in the third dimension. There is an interconnectedness of higher beings in this galaxy.

Imagine for a moment that there are cities of light around the galaxy calling for cities of light that can be received and heard on Earth, and these callings are being received through the subtle body of Gaia. This calling focuses on connecting links and networks with other galactic cities of light.

These cities of light have access to energy fields that may not be available to your cities of light at this time, but it can energetically boost the subtle energy field of your cities of light, the subtle energy field of your ocean reserve of light, and even your subtle energy field. Think about how wonderful and expansive it is to be connected with the subtle energy fields of other cities of light around the galaxy. Think what it means when we say that you are a galactic citizen, you have galactic consciousness, and you have abilities to interact with higher energy fields around the galaxy.

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Lightbody Maintenance

Helio-ah: I am connecting my subtle energy body with yours. In the energy of the subtle fields, cohabitation is easy. Remember that these principles of contact, which sometimes are called quantum contacts or quantum entanglements, are more directly experienced when you are in your

subtle body. Your interest in our work indicates that you have had previous contacts with the Arcturians. You have been led to this large Arcturian group to enhance and improve, with greater clarity, your Arcturian interactions and memories.

I have a special healing chamber on our starship, and I invite you to visit with me. I want to help purify your subtle lightbody field. Maybe you would call this maintenance.

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HELIO-AH'S HEALING CHAMBER OF LIGHT MEDITATION

I send down a corridor of light to wherever you are on the planet. Feel the corridor of light over your room. It is a glorious, golden energy field of protection, higher consciousness, and higher light. Call on your lightbody, your subtle energy field, to bilocate, and travel with me to my starship through this corridor. [Tones]: "Ta, ta, ta, oh."

Travel at the speed of thought in your lightbody, your subtle energy body. Come into the entranceway of my starship. I am there to greet you. We are in a huge circle of light together. Follow me as we move as a large group into this special blue room to the left. It is called Helio-ah's healing chamber of light.

You enter the room with me and immediately understand the purifying energy of this chamber. It is more powerful than a hyperbaric chamber [a chamber with a high level of oxygen]. The energy in the healing chamber is more powerful than any healing you have ever had, more powerful than any hallucinogenic drug you have ever had, including ayahuasca. It is light purification especially aligned, attuned, and calibrated for your subtle body.

The light in the chamber cleanses you. It removes densities, doing healings on all levels of cells that may have been damaged from your experience on Earth. It can heal all traumas you might be carrying with you. Yes, this is a tremendous healing chamber of light.

You are transforming directly into your lightbody. Your subtle body continues to remove any densities, blocks, contaminations, and distortions. You are totally in your subtle energy field, and you are merging into your lightbody. [Tones]: "Oh." This is truly a soul-healing experience.

Now continue to feel this high-energy cleansing/purification, and prepare yourself to return to Earth, to your physical body. Pay particular attention to your heart, and fill up your heart with this healing light, for it is said that the true Earth healing comes when the heart is also purified. [Tones]: “Oh.”

We gather as a group and leave my healing chamber, knowing that you can return to this chamber at any time. We walk forward as a group to the entranceway of our ship. There is a corridor connected to your home. Together we enter the corridor and travel at the speed of thought. [Tones]: “Ta, ta, ta, oh.”

You come back to your room, and you see your physical body and your aura. You are in your lightbody and in your subtle body. There are layers: your lightbody, your aura, and your physical body. Align your lightbody with your aura. The purifying charge of energy that you have experienced in my healing chamber will now transfer into your aura and then go into your physical body now.

At the count of three, in perfect alignment, bring yourself down through your subtle energy field, your lightbody, your aura, and then your physical body. You are expanded. You will experience a feeling of joy and harmony that will last for the next twenty-four hours. Your abilities of receiving communication and information from higher beings have now doubled.

~

My blessings to you. Sending you healing light, I am Helio-ah.

Chapter 12

Different Perspectives of Time

Juliano, the Arcturians, and Helio-ah

Juliano and the Arcturians: In this chapter, we look at time. I will approach the subject from several different perspectives.

The personal belief system: Your belief system influences how you experience time. For example, in Western culture, people use the expression "time is money." People also assume that time is linear, meaning that it has a beginning, a middle, and an end. As we continue our discussion, try to uncover some beliefs you have about time, because what you believe influences how you use time and how time can help you in your personal transformation and ascension work.

Dimensions: You experience time based on which dimension you are in. An interesting example illustrating this phenomenon is the near-death experience (NDE). People who have had NDEs often report that these experiences were extensive and jam-packed, but only a short time transpired in their physical reality. Some people in comas have also had NDEs. They often report that their NDE experiences lasted just a short time, but when they awoke and came back to this third-dimensional reality, they learned they had been unconscious for weeks.

Dream time: Time in the dream world is condensed, meaning that many different experiences can occur in a dream during a short time period. If it were possible to interview you while you were in the dream state, you would report that your dreams last a long time.

Dream researchers have narrowed actual dream time to a period known as rapid eye movement (REM) that occurs for short periods as part of your sleep

cycle when you are in the deepest stages of sleep. From an outside observer's perspective, REM only occurs for brief periods, but the dreamer has no sense of time. Dream events can be experienced as timeless or as occurring over long periods.

Dream condensation would not be possible in your normal waking consciousness. For example, in a dream state you could be in many different locations, perform many different jobs, and interact with many different people, but from the outside observer's standpoint, as verified by REM, the whole dream might last under a minute.

Altered states of consciousness: Your experiences on the fifth dimension are in a different time perspective. In fact, these experiences might fall under the category of timelessness. When in meditation, you can often access the fifth dimension. After experiencing fifth-dimensional energy, you bring yourself back to the third dimension and download your experiences into your third-dimensional consciousness. But downloading this information and these energies can take longer than the time you spent in meditation, so there is a subjective time difference between the two experiences.

Galactic time: This beautiful subject covers many different areas of astrophysics and is an important aspect of understanding the cosmos and your soul journey. It takes 365.25 days, or one Earth year, for Earth to go around the Sun. Now imagine that you live on a planet that takes 835 days to go around its sun. Compared to an Earth year, a year on this other planet would be two to three times longer. You would only know that if you compared it to Earth and the amount of time it took for Earth to go around the Sun.

Your solar system revolves around the center of the galaxy, and that journey (based on our estimates and those of your astrophysicists) takes at least 300 to 350 million years. That means from the galactic perspective of the Milky Way galaxy, one day lasts 350 million years. My point is that time is relative based on the star system you live in, the galaxy you live in, and the amount of time it takes for your planet to revolve around its sun.

Look again at the 350-million-year revolution of your solar system around the Central Sun. If you were to ask, "How many lifetimes have I had in one Galactic Day?" the answer would be, "Many." From the soul perspective, you would see that a galactic day can contain numerous opportunities and perspectives.

Universe time: The time of the universe is measured in a different way because the universe has no observable center and therefore does not rotate

around anything. The age of the universe is measured based on its expansion rate, which goes back to the beginning of the universe, called the Big Bang. Astrophysicists have concluded that the universe is 13.7 billion years old based on its expansion and the speed of light.

One contradiction (that perhaps Einstein did not clearly understand) is that space expands faster than the speed of light. Space is needed to measure time, and this leads to the important discovery in modern physics called the space-time continuum: You must consider space and time as a single connected unit. [**Author's note:** If you want to meet someone at a certain place, you must also give them the time of the meeting. Without a time, you both might arrive too early or too late and never meet.]

Circular time: People believe that time is linear: Time marches in a straight line with a past, a present, and a future. You cannot go backward to the past or forward to the future. In your Earth incarnation, you measure your lifetime by how much time has passed. A part of your belief system tells you that your time on Earth will end at a certain age or time in your life.

From the Arcturian perspective, we say that time is circular. This perspective is significant for your spiritual development and ascension, because if time is circular, you can travel through the circle, which means you can go back in time and, believe it or not, forward in time.

A technique for moving through space and time is called folding space, which is only possible when you work in the paradigm of circular time. (We will discuss this technique later in this chapter.) In your dream world, which is based on circular time, you continually go back and forth in time. You might wake up and not know if you were dreaming about the future, the past, or the present. You might not know if you were dreaming about a past lifetime or a future lifetime.

Spirituality and time: Some of the most profound spiritual statements are "I Am That I Am," "I Was That I Was," and "I Will Be That I Will Be." These are expansions on the mantra "I Am That I Am." When you make these statements, you affirm that you are eternal and that you — your I essence, the sacred you, your higher self — exists in the past, present, and future.

This has great spiritual significance, because it shows that you transcend linear time and that your existence models that of the Creator. The Creator transcends time and can participate in all three states. You are made in the image of the Creator and can participate in your past, present, and future. A

significant aspect of this current time expansion is that you can interact with different parts of yourself in time, meaning parts of yourself in the future, parts of yourself in the past, and parts or yourself in the present.

Future-Time Visualization

Helio-ah, my colleague, does healing work with you using the Arcturian healing chambers. The healing chambers house sophisticated computers that can go into your past and future lives. One benefit of going into a future life rests with the achievements and the evolution you will experience in the future. You are all evolving spiritual beings; you will all ascend to the fifth dimension.

Here is a great affirmation: "I am an evolving spiritual being." Your evolution, in part, will occur in the future. I say "in part," because you will experience, or you are experiencing now, your evolution. Remember that your transcendent self includes I Am That I Am, I Was That I Was, and I Will Be That I Will Be. In the future, you will be in a more advanced state than you are in your present time.

Using Helio-ah's technology for healing, you can travel to the future and bring back energy. Let me explain this further. When Helio-ah works with you on the past, she offers special exercises to heal past traumas that are stored as image memories in your mind. Helio-ah can help you reorient and heal past traumatic memories and store them in more positive ways. When a memory in the past shifts or resolves, it upgrades and uploads into your mind, and this brings a healing energy to your present self.

To work with your future self, we help you project yourself into the fifth dimension, and we work with you as a fifth-dimensional being. We can see you in the future as an ascended master and living on your home planetary system (be it the Pleiades, Arcturus, Sirius, Antares, or any other beautiful and advanced planetary system in this galaxy).

You have access to your future self. Time is circular, and you are on an evolutionary path that is on a circle rather than a line. In the future, you are free of illness; you are mentally, physically, and emotionally balanced; you live with your soul family; and you have greater spiritual understanding and higher spiritual and psychic gifts. In the future, you are a higher fifth-dimensional being.

You can access this image of yourself in the future. How will you look?

Visionary artists have drawn pictures of people as their fifth-dimensional selves. When you see yourself in the future as an enlightened fifth-dimensional person, what does your face look like? How do your eyes and hair appear? Is a halo around you? You might see what you are wearing, including special meditation clothing.

Visualize the positive aspects of your future self and bring that image back to your present self. You can use this image in many different ways, such as for healing. For example, if an organ is blocked and causing you distress, you can visualize yourself six months in the future after that blockage has been removed. You can see yourself in the future as an enlightened or ascended master.

These images — including the energy signature, aura, and future energy field — can all be imprinted in your I Am consciousness in the present. By bringing an image into the present, you can experience a huge healing and advance in your evolution and spiritual development.

I call on Helio-ah to lead you in a short exercise in future time. [Chants]: "Helio-ah, Helio-oh-ah."

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FROM THE FUTURE TO THE PRESENT

Helio-ah: Take three deep breaths, my dear starseed friend, as you connect with your higher self, and go into what I call a state of spiritual calm, spiritual awareness, and spiritual depth. I, Helio-ah, send down a corridor of light over you, which is connected to my starship Athena and my healing chambers. Allow your spirit body to rise out of your physical body and travel with me at the speed of thought through this corridor toward my starship Athena. [Tones]: "Ta, ta, ta."

Enjoy traveling at the speed of thought, knowing it is faster than the speed of light and that it transcends space and time. You come into my starship, Athena, and follow me to my healing chambers.

As we walk down a corridor, we enter a large room filled with small booths. Each booth has a computer that I have already set up for you. Go into one of these booths. (I sometimes call it a phone booth.) Sit on the chair in front of the computer, and turn it on. This computer aligns with your soul records from your past, present, and future on

Earth and all other planetary systems you have been on in this galaxy and other galaxies.

A dial to the right has numbers positioned similar to the numbers on a clock: 12, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, and 11. The dial moves left or right. When it moves to the right, you go into future time. Now move the dial to the right. On the computer screen, an image appears of how you will look in the future.

We can calibrate the dial so that every minute equals one Earth year. For example, two minutes after 12 is two years from today. Now turn the dial to the number 3, or a quarter after the hour. This is you in the future. Your future self is fully in your fifth-dimensional presence and on the fifth dimension. See yourself in your evolved, fifth-dimensional state. Remember that you can manifest the body you want, the hair color you want, the youthfulness you want, and the harmony and balance you want in your soul manifestation. This higher state appears on the screen in front of you. Meditate now, and absorb that image into your conscious mind in the healing chamber. [Silence.]

See as many details as possible of your future self in this higher state. See your eyes sparkling, and see a halo around your shoulders and head. Most importantly, see yourself in a state of peace, balance, and harmony, for this is your future self.

On the left side of the computer is a button. Press this button, and the image holds on the screen. Press another button that is lower to the left. This downloads the image into your Earth consciousness. As it downloads, a great unification and healing occurs, because you are bringing to your present self your higher future that is healthy, spiritually developed, evolved, and in balance and harmony. That image downloads into your Earth unconscious and subconscious. We will go into silence again as together we oversee the downloading process. [Silence.]

The downloading is complete. You can now shut off the computer, knowing that all your work has been transferred successfully and will manifest in the highest form and speed possible. Rise from the chair, leave the booth, and follow me to the outside of the room and down the corridor. You leave my spaceship, which is on the fifth dimension,

and travel at the speed of thought toward your Earth presence. [Tones]: “Ta, ta, ta, ta, ta.”

You are six feet above your Earth body, and you re-enter your body in perfect alignment, bringing all this higher energy from your future self. It is being downloaded now and activated with your spiritual presence in your physical body. Take a moment, and we will stay in silence again as you allow this activation from your subconscious and unconscious.

Bring forth the higher visualization of your evolved self in the future. You will experience a wonderful acceleration of your evolutionary process.

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Space-Time Folding

Juliano and the Arcturians: As you enjoy the energy and process of the powerful work that Helio-ah did with you and your future self, I return to my discussion of astrophysics. How is it possible to travel across the galaxy? Even if you could travel at the speed of light, it would still take you, for example, thirty-six years to get from Earth to Arcturus and thirty-six years to get back. That round trip of seventy-two years would be most of your life. There has to be a way to overcome space and time, and we call this method “folding space.”

Folding space has to do with the new technology of gravitational propulsion that will soon be discovered on your planet. In gravitational propulsion, a spaceship compresses or condenses space. The space between Earth and Arcturus is 36 light-years, a tremendous distance that can be measured in quadrillion miles. While this great distance is hardly imaginable to the mind, visualize a representation of that space on a piece of cardboard. Imagine folding the cardboard and the two ends come close together. This is called the folding of space and time. Gravitational propulsion systems in the future will fold space using this method.

When you fold space, you also fold time, so it will not take thirty-six years to get to Arcturus. The trip will happen instantaneously and begin at an acceleration point where you can maximally fold space. You cannot fold

space right at Earth, because that would cause a distortion in Earth's space-time continuum and throw the planet out of balance. You would have to travel to the Jupiter corridor to fold space to our star system. The only travel time you would experience would be getting from Earth to the Jupiter corridor.

Time Acceleration

You can accelerate time on a global scale. Let us say that you want this pandemic to end, which has now lasted one year [as of December 2020]. It has been projected that even with vaccines, it will be another year or more before things stabilize. If you wanted to quicken that pace, you could project yourself into a future in which the vaccine has been fully administered and all disruption has been healed. Then you could send that future energy back to the present. Or you could connect with a future time when the virus is gone.

Eventually, the pandemic will stabilize and be eradicated, but it could still cause a great deal of damage to life on the planet and to the planet itself. Certain events can be accelerated, but it requires large numbers of people to meditate. Specific meditations have to do with releasing karma, because there is a karmic aspect of COVID-19: Getting the disease is helping some people pay off karmic debts of suffering they might have caused.

To remove a disease like this using time acceleration, you need to request that all karmic debts associated with this disease be removed. Removing this karma can help to accelerate the end of the pandemic.

I have discussed many different aspects of time in this chapter, including your belief system and the circular nature of time, galactic time, and dream time, as well as how time is experienced in different dimensions. In hyperspace, there is no time, and there are certain conditions and areas, such as corridors, where you transcend time.

Chapter 13

An Opportunity for Change

Juliano and the Arcturians

Is this a planetary crisis that you are experiencing, or is it a crisis for humanity? It is a crisis for humanity. Earth is receiving a rest during this time. Pollution has reduced because, for example, there are not as many cars running. This is not a solution to the biospheric crisis, but it does emphasize that the crisis belongs to humanity. Earth and its relationship to humanity were already in a crisis, and this will continue until repair begins. Hopefully, a successful movement to initiate planet-wide repair of this biosphere will emerge. The Arcturians can assist with humanity's current crisis.

Early Humans Adapted

There are many causes of this virus. It is not just because of what happened in China at a marketplace. One aspect of vulnerability emerged in China; but if it were not in China, a dangerous virus would have emerged on another part of the planet.

I often compare the current events to an earlier situation, 500,000 or 300,000 years ago when Neanderthal and Cro-Magnon species were living together. Scientific and archeological evidence has emerged suggesting the two species existed side-by-side and interacted with each other. There was even some interbreeding between them. This is documented through DNA remnants of Neanderthals in much human DNA now on the planet.

However, why did the Cro-Magnon prevail and the Neanderthal fall away? Was it simply interbreeding, or was there a particular reason why the

Cro-Magnon survived? The Cro-Magnon had the flexibility and ability to adapt to circumstances, and the Neanderthal did not. Also, the Cro-Magnon had a stronger immune system than the Neanderthal.

There was an adaptation to a crisis, a necessary change, and a flexibility in the species. The concept of crisis has been redefined as an opportunity for change. There is a crisis now, and there needs to be change for humanity to survive. That change is not going to be just "social distancing." Social distancing is a Band-Aid, not a solution to this problem.

Viruses decimating populations is not new. This has happened numerous times on this planet, even during the past 500 years when the Spaniards came to the Americas. They brought with them smallpox and other diseases that killed millions of the Native peoples. Our focus, however, is on the higher evolution of humanity. We have called this next step the omega man/woman to differentiate it from current *Homo sapiens*. One of the most prominent features of the omega man/woman is higher consciousness, including the ability to interact with the fifth dimension and bring down fifth-dimensional thoughts, ideas, and knowledge, including the scientific knowledge that is needed.

A Global Problem Requires Unity

There is a scientific solution to the current coronavirus problem. Some say the solution lies in a vaccination, but there are fifth-dimensional-oriented microbiologists who are capable of receiving the necessary information to stop the outbreak. A successful antidote could come from combinations of drug therapy and herbal medicines effective in stopping the proliferation of the virus.

You can use techniques in your meditations that support a positive outcome with regard to the spiritual, economic, and ecological factors of this crisis. Things will not go back to the way they were before this pandemic began. We will not return to the economic boom that was occurring in some Western countries.

What does humanity need to learn from a karmic standpoint? One aspect is unity and unity consciousness. This is simple to explain, but extremely difficult to implement. Even among the starseeds, there is extreme difficulty with unity. There are hundreds of spiritual groups, and each has its own particular strength and perspective, yet it has been very rare to see a unity of

the spiritual groups on this planet. The history of this planet has been of diversity and separation. That is the foundation of the third dimension. This is in part because of free will on this planet, which has led to diversity.

In some cases, this diversity makes unity impossible. There has not been a unified approach to solving the COVID-19 crisis, and there really is no unified approach to stopping pollution of the oceans or destruction of habitats. There has been talk of the need, but there has been no unity. The only way people can solve this planetary crisis is through a global unity approach. It is not just the problem of the United States; it is not just a problem of Italy or Australia or Germany. It is a global problem, and that means that there must be some type of unity.

It is interesting how karma works. Karma initially tries to provide the least painful solution to a crisis. Then if that least painful solution does not work, there will be a little bit more painful lesson, and the pain increases until the correction occurs. This is what is happening now. The virus has gotten humanity's attention but not to the point of global unity. There will eventually be a global unity response, because that is the only way this crisis will be solved — through working together as a global unit.

Individual Freedom Is in the Genetic Structure

There has been much resistance to global unity because of previous histories of war and control. It is engrained that you, as a species, resist any type of unity because of the fear that global unity could lead to global domination by an evil ruler. This has happened numerous times in the history of your planet. It is engrained in the genetic structure that individual freedom must be preserved and that global control could lead to a loss of freedom and a decrease in happiness. However, it is not just COVID-19 but also the environment that requires a unified approach.

The Arcturian approach, in the meditations, has focused on the energy field, and this includes your personal energy field. In these books, I have shared several exercises for improving your energy field. The correction that must be made has to do with repairing the energy field on this planet. The virus results from distortions in energy fields on Earth, including holes and electromagnetic imbalances. The Schumann frequency, which the planet emits and is measured in certain hertz frequencies, has now been altered. There are distortions in Earth's electromagnetic energy field. In part, this is

due to the Sun and its recent solar calmness, which has created weakened electromagnetic energy fields around Earth.

Some cosmic forces have been altered in part because of different alignments with the Central Sun and in part because of the path that the solar system is taking. It is on an approximately 350-million-year journey around the center of the galaxy. Some sections of the path around the Sun create problems. The null zone is a space in which electromagnetic energy is dramatically decreased. Low electromagnetic energy fields create distortions, and these distortions can affect the satellites and even electronic devices on Earth.

The electromagnetic energy field of Earth has been weakened. This is partly because of nuclear radiation and bombs that have been dropped. It is also due to time distortions in Earth's energy field, which are not something you can control at this point. Past military experiments created this problem. I am referring specifically to the Montauk experiment and others in which there were attempts at time travel. These attempts were unsuccessful and created rifts in Earth's space-time continuum. When you go into the future and do time travel for the purpose of obtaining military technology to bring back to Earth, it is considered a negative endeavor that brings back negative karma to the planet. The people doing these experiments realized that and stopped.

Many have asked: "Does this coronavirus event indicate that we are closer to the ascension?" Yes, it does. Many want to ascend right now. I have two responses to that. Number one: as a starseed and holder of spiritual light, you are needed more than ever on Earth. Number two: there comes a point when earth changes and earth events create unbearable chaos on the planet. The ascension energy and interaction with the fifth dimension will bring powerful healing energy to repair Earth.

Connect with Your Future Self

Your future self has ascended to the fifth dimension. The past, present, and future are an interactive circle. As they interact within the time circle, you, in the present, can interact with and borrow from your future self. You can go to a point in the future when you are already an ascended master in fifth-dimensional energy. Through special exercises, you can bring back the light, knowledge, balance, and harmony of your future self. Let us go forward

in time and use the higher energy of the future Earth.

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Take three deep breaths. Experience yourself going into a deep state of relaxation, higher thinking, and higher consciousness. You are with your higher self now. Your psychic powers are strong. A corridor of light is coming down into your room. It is an attractive golden light. Feel your aura and your spirit body. Have your spirit leave your physical body and gently travel upward through your crown chakra into the Arcturian corridor, which is connected to my starship, Athena, in the fifth dimension. Travel at the speed of thought through the corridor to my ship. [Tones]: “Ta, ta, ta.”

Come through the corridor directly up into the doorway of my starship. It is huge — equivalent to a small city on Earth. Come through the doorway, and I, Juliano, greet you and lead you into the planetary healing auditorium. Find a seat and become comfortable.

In front of you are two screens. The screen on the left is Earth as it is now. You can see imbalances, holes, effects of radiation, and time distortions from failed time travel. The screen on the right is Earth in April 2022, the time when all problems caused by this virus will be repaired. [Tones]: “Om.”

See the energy fields of the spiritual aura of Earth. See the energy fields of unity consciousness and politics, and see the ecological energy fields. Evaluate, for example, the energy of the ecology. Imagine that you are able to rate it. A five on a scale of one to five would mean balance. A one would mean total disregard for the environment. Then look at the politics and at unity consciousness in the same way. Five means the world working together, and one means everybody on his or her own. We will go into silence as you evaluate Earth on the left screen.

Now look at the right screen. This is Earth in the future. If you are working to see yourself with wealth, then do not just see yourself with lots of money but also in a new house with a new car — or other positive signs that you have the wealth that you want.

See the energy field of Earth. See the holes repaired. See the aura sparkling, the time distortions repaired, and the vibrations of the

whole energy field of the Schumann frequency in proper balance. The planet and biosphere are improving. The human immune system has been strengthened. The economy has reached a higher point. We will go into silence as you picture this.

Now look up at the screen and see both Earth in the future and Earth as it is now. These two Earths are merging. The screen on the right merges with the screen on the left. [Tones]: “Om.” Let the light of this merging create a healing balance now on planet Earth as we “borrow” the energy of the future Earth for the now Earth. All aspects are going to a higher level through unity and interaction of the future with the present. The interaction is holding; you are holding the light for this future Earth energy.

We are now going to leave the planetary healing theater, but you can return to it anytime during the next twenty-four hours. The door and the corridor are open. I welcome your participation.

Now you stand up and leave the room, go through the doorway of the planetary healing auditorium back through the doorway of the starship, down the corridor, and travel at the speed of thought back to your room. [Tones]: “Ta, ta, ta.” Return above your room, look down at your physical body, and prepare to reenter your body in perfect alignment, knowing of the great healing and repair that is coming. You have helped to accelerate this Earth healing.

At the count of three, reenter your body. One, two, three — reenter now. Enter the body feeling a sense of excitement and knowing that you are participating in the repair of Earth, the repair of humanity, and the evolution of humanity to the next stage of the omega light.

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Chapter 14

Exercises for Protection

Juliano and the Arcturians

Excess radiation will not go away anytime soon. I am talking about the radiation from Fukushima and other sources. This means your immune system must adapt to excess radiation. Viewing the coronavirus as a pathogen, I can say something similar: It will not go away quickly. The main intervention was isolation, but that did not solve the problem. The way to solve the problem of the coronavirus is to work on improving the human immune system.

Your immune system is compromised for many reasons, including from contamination and pollution in the environment, excess radiation levels, holes in Earth's aura, unhealthful food in the diet (particularly genetically modified organisms, or GMOs), and the current state of this planet in general, which is in the middle of the sixth mass extinction. This means that events such as the coronavirus pandemic, or any virus, have to be viewed in the big picture.

The fact that a sixth mass extinction is going on affects the collective unconscious of all humanity. It overflows into your consciousness and your DNA, and it bleeds into other aspects of the collective consciousness. We use the collective consciousness for our work in terms of sending planetary healing messages and working as a spiritual healing group for the advancement of this planet. A collective consciousness is involved in such activities as the internet, the media, government pronouncements, and the general activities that leaders are doing, including television.

The collective consciousness creates an atmosphere and an energy field, and the virus responds to that energy field. This means that fear and other

anxieties expressed in the collective consciousness feed into an energy field and actually create and accelerate aspects of the pandemic.

Development of the Virus

There is speculation, and from our perspective a high probability, that this virus was developed and introduced into the human gene pool by certain researchers. This could be from military or medical experiments. There has always been a high level of research and experiments into pathogens and biological warfare on this planet. These experiments have sometimes resulted in leaks of viruses and pathogens. From our perspective, this means there is a high probability that this particular virus was genetically produced because aspects of it are abnormal from viruses in general and unexplainable.

It is interesting for us to compare this idea to genetically modified foods, because some people think they cause no harm. GMOs can alter, and potentially damage, your DNA structure and immune system. On occasion, your immune system views GMOs as pathogens because they are unnatural — things artificially produced.

Your immune system deals with a hierarchy of issues, such as long-term circulation problems, early diabetes, and even colds. Your immune system prioritizes these issues, and in most cases, it can only handle four or five at a time. A genetically modified food presents one more issue your immune system has to deal with. Regarding a virus pandemic, you need to clear and reduce the number of issues your immune system has to deal with.

Protective Approaches

Vibrational medicine is a New Age technique for treating diseases and illnesses. The theory behind vibrational medicine is that everything is a vibrational entity, and vibrational energy fields surround us. Pathogens, viruses, and bacteria are also vibrational. The way to counteract and deal with such pathogens is to enhance your vibrational energy field. This means that your immune system has access to a defensive structure in the vibrational energy world.

These vibrational energy fields behave in similar ways to the quantum world. In the quantum world, everything is a vibration. The way to counteract and defend against a pathogenic vibration is with a stronger healing vibration.

But when new viruses are introduced into the gene pool, such as the coronavirus, your immune system does not have the vibrational signature and information it needs to build a strong defensive field. Therefore, your immune system might not know how to fight against the coronavirus.

What is the vibrational antidote? The first step is to put the coronavirus antidote into your consciousness. You have to allow the etheric antidote to enter the consciousness of your immune system. One of the main methods is to simply introduce affirmations that you are awakening. Instruct your system to deal with and defend against the vibrational energy of the coronavirus. In some vaccines for illnesses, such as the flu vaccine, a live flu specimen is introduced into the vaccine to help you build up antibodies. In vibrational medicine, we work with the vibrational energy field. You have to counteract the energy of the negative pathogen.

I am going to describe different approaches for creating a defensive vibrational energy field. A pathogen cannot come into your body unless it first comes into your energy field. This might sound simplistic, but it is logical and practical. Your first line of defense is your aura. Weaknesses exist in your aura, caused in part by excess radiation and the holes in Earth's aura. So it is of utmost importance to strengthen your aura. Work with the cosmic egg exercise and to place the aura into the shape of the cosmic egg. Scan your aura to make sure it has no holes, and then shimmer, or vibrate, the aura at a high speed. The coronavirus is at a lower vibrational energy speed, so it cannot come into your aura if it vibrates at a higher speed.

When you draw the outer line of your aura, expand it at least 8 to 12 inches from your physical body. Expanding your aura a distance from your body gives you a greater chance to alter or neutralize the virus, or any pathogen, before it comes into your system. It could be the flu or a cold virus; the principles are the same.

Defensive Exercises

Aura expansion: Take three breaths and go into a deep state of relaxation. Command your aura to go into the shape of the cosmic egg. Then command your aura to expand 8 to 12 inches beyond your physical body. Visualize an outer blue line around your aura. This line is holographic and goes around your entire aura, front and back and under the ground. The blue line will accelerate based on my toning. As you visualize this shimmering and

increasingly rapid vibration, the blue line will emit what look like the little icons from the video game Pac-Man. They will eat and neutralize, or reject and push away, any viruses that attempt to come into your energy system. So we begin. [Tones rapidly]: "Ta, ta, ta."

Feel your aura line increase its speed. [Tones]: "Ta, ta, ta. Shimmer, shimmer, shimmer." As you do this shimmering, see tiny dots in the shape of Pac-Men emit from your aura. They are the same size as a virus or a little bigger; they can go into the quantum world of the biology of pathogenic fields. Again, see these little Pac-Men run around your aura as you shimmer, eating up or pushing away the intrusions from viruses such as the coronavirus. [Tones]: "Shimmer." [Tones]: "Ta, ta, ta." We will go into a brief meditation as you experience and practice this important defense exercise.

Neutralization: The second defensive strategy ejects viruses with vibrational medicine. I call this strategy neutralization, which is based on the concept that the intrusion of a virus is hot. Neutralize it by counteracting the heat with a vibrational energy field, and we do this by downloading a neutralizing light into your aura. This neutralizing light stays around the aura, emitting a protective energy field that renders harmless any virus trying to enter your aura.

Imagine that your crown chakra opens. I, Juliano, send a neutralizing light into your crown chakra. This neutralizing light can counteract the heat of the coronavirus. [Tones]: "Shimmer, ta, ta, ta." Again, see the Pac-Men emit from your blue line, going outward. The grayish neutralizing light flows into your open crown chakra and into your aura. It goes outward and neutralizes any "hot" pathogens or viruses in the vicinity. [Tones]: "Neutralize, shimmer, Pac-Men, neutralization light, ta, ta, ta."

Pung energy: The third method is based on the resiliency of your aura. Your aura has a special attribute that pushes away negative energies. This is important for dealing with viruses and the many negative polarizations around you.

I call this the pung exercise, and it can be done in conjunction with, or separately from, the other two exercises. Pung is described as the energy coming from Taoist healing light. Imagine your aura in the shape of the cosmic egg. It is being filled with this divine, fifth-dimensional, bluish light. The light fills up your aura like a balloon. You want it to fill with enough energy so that viruses bounce off (but not so much that the balloon might

burst or not be able to receive higher-dimensional light).

The pung energy field should be exactly calibrated to what you need for the right resilience. Say this affirmation: “I calibrate the downloading of the pung energy at just the right resilience for my needs. I download the right amount of pung energy from the higher light to establish the direct resiliency for my needs.” Download this energy as I tone. [Tones]: “Pung light, pung light.” Let us go back into meditation. Pung energy is being calibrated now.

You might want the effects of these exercises to be available without consciously thinking about them. For example, you might be with a group of people or at work and don’t want to be socially inappropriate. Say: “I hereby give permission for my subconscious to activate one or all of these methods as needed, wherever I am and whenever I have the need. Let these three methods activate and perform as needed.” You do this affirmation in your own words.

We will go into silence as you give permission to your subconscious. Of course, if you are in a situation where you can consciously acknowledge and perform the exercises, then so much the better.

Expulsion Exercise

In the unlikely event that the virus vibrationally enters your system, here’s another method. Let’s assume that the virus entered your aura and body. [Tones]: “Oh.” I call this method the contracted ball technique. It is done separately from the other exercises. For now, discontinue the shimmering, neutralization, and pung energy by saying: “I hereby discontinue those three methods while I am doing the contracted ball technique.”

In this method, we are going to contract the aura into a small ball. [Tones]: “Oh.” Your aura is still in the shape of the cosmic egg and expanded 8 to 12 inches from your physical body. Your aura starts to contract and is now 7 inches from your body. Now it is 6 inches. Now it is 5 inches and getting closer. It contracts to 4 inches, 3 inches, 2 inches, and then 1 inch. Your aura is now even with your body.

We go inward as the aura keeps getting smaller. Your aura contracts 1 inch into your body and then 2 inches. As it contracts more and more, it passes through the bones and the internal organs. Now it is a small ball in the center of your stomach, perhaps 1 inch in diameter. It is filled with powerful, quantum healing power.

When I count to three, this contracted ball will expand, pushing outward from your stomach. It will then go through your circulatory system, immune system, nervous system, and all other systems in your body, pushing out all viruses, pathogens, negative energies, and even negative entities that might be in your system. [Tones]: “Oh.”

One, two, three. Begin to expand the contracted ball. It expands outward with amazing, quantum power, pushing out all negative energies. It comes to the outer edge of your body and continues expanding — 2 inches, 4 inches, 6 inches, 10 inches — ejecting all internal negativity, vibrational pathogens, viruses, and bacteria.

Do this contracted ball exercise at least one more time. The first was a practice run. Now that you know what you are doing, you can do it more efficiently. Again, this exercise is only to be used if you believe a pathogen has come into your system.

As you complete the second exercise, notice that your aura is totally cleansed. You are ritually purified, and your aura vibrates naturally at its correct speed and energy. [Tones]: “Om.” Vibrate in this natural, purified state with the sound of Om. [Repeatedly tones]: “Om.” Your aura is in a state of purity. All pathogens have been released, and all defenses are now available as needed.

The Effect on Mass Consciousness

The coronavirus has greatly affected the human psyche, creating fear and even mass hysteria across the planet. Humanity can defeat this, but the solution is to learn to live with the virus by improving your immune system. This virus will still be present for a long time, just like radiation will still be present on Earth for a long time. Your immune system will evolve, and we will work with you to help that happen.

The reaction to this virus, the mass hysteria and fear it generates, demonstrates a behavior in mass consciousness known as mirroring: One part affects another part without any physical contact. You can see this phenomenon in what is called community spread, where a virus spontaneously appears in one area even when that area had no direct exposure to the virus. Mirroring is produced by the consciousness of humanity. We have demonstrated this in other aspects, such as when we talk about the hundredth monkey effect. In that hypothetical phenomenon, a

learned task spreads through the whole population when a certain level of learning is reached — after the hundredth monkey learns the task.

The hundredth monkey and mirroring effects are also demonstrated in a negative way. When a core number of people with the right intensity reach a certain level of fear, anxiety, and focus, that emotion goes through mass consciousness.

There are ways to spiritually and energetically combat such outbreaks by using higher-consciousness techniques. We, as planetary healers, can download the antidote energetically and the stimulation to create a higher immune response. We can energetically activate your immune system as part of the evolution toward the omega man/woman. And so it shall be.

Chapter 15

Advanced Biorelativity

Juliano and the Arcturians

In advanced biorelativity, we look at Earth as an entire planet. Earth is a living planet and the living spiritual being you call Gaia. A living planet has certain characteristics, and for our purposes in this discussion, we can say that the most important function of a planet is self-regulation.

The word “homeostasis” refers to balance. Scientists use the term to describe a system in which everything functions so that balance can be properly maintained, and if the system becomes unbalanced, the system seeks to create a new balance — a new homeostasis. There are many reasons why the homeostasis of Earth has become unbalanced: The planet’s meridians are blocked, air and water are polluted, and special energy sites or sacred places important for the functioning of balance are blocked.

Can Earth rebalance herself? Earth provides humanity with a biosphere, which is the entire ecological system, including proper amounts of oxygen and nitrogen, proper temperature, proper ocean currents, and many other functions that keep the proper balance and regulation of Earth so that life can continue within the biosphere.

Modern astronomers study exoplanets, which are planets in other star systems. They have discovered approximately 2,000 exoplanets. We Arcturians have traveled in many different parts of the galaxy, and we believe the galaxy has 4 billion exoplanets. An exoplanet must be a certain distance from its sun for life to exist. If too far from the star, the planet is too cold. If too close, the planet is too hot. The best location from planet to sun is often referred to as the Goldilocks zone — the perfect distance from planet to star

for life to exist.

Staying in the Goldilocks zone is part of planetary homeostasis. Modern astronomers have found over 4,000 exoplanets [**Author's note:** based on reports from 2018], but only 50 of those planets might have the right conditions for life to exist. Being at the right distance from the sun is an important balance, as are the right temperature and the right percentage of oxygen. The point is that Earth is self-regulating.

Treating the Whole Planet

Earth has experienced imbalances before. At different times in history, Earth has been too hot or too cold. During the ice ages, most of life stopped due to the extreme cold, but Earth recovered and reestablished its self-regulating system. However, establishing the proper balance for life for a self-regulating system can take 10,000 to 20,000 years. For example, when an asteroid struck the Yucatán peninsula, Earth's balance was damaged, and it took centuries for balance to return.

Earth's present imbalance started around the beginning of the Industrial Revolution when people started using coal and oil. This produced great pollution, but Earth continued to self-regulate. Now [in 2021] Earth is losing its ability to maintain homeostasis. There are too many problems, and the planet's self-regulating limit is being reached. In biorelativity and planetary healing, we say there is a limit to how far a planet can be out of balance but still recover and come back into self-regulation.

In individual-event biorelativity, we look at specific events such as a storm, fire, hurricane, or cyclone. Our goal is to stop, moderate, or minimize the effects of the event. In advanced biorelativity, we do not look at specific events; rather, we look at the entire system, the entire planet, and we work to strengthen existing global self-regulation mechanisms.

One of Earth's important self-regulation mechanisms is cleaning and opening meridians. Blocked meridians cause several problems, including blockages in the sacred places on the planet and, in particular, blockages in air flow, winds, and ocean currents. In advanced biorelativity, we try to interact with the whole planet and Earth's entire self-regulation system. This is a powerful and huge task. Remember that in advanced biorelativity we do not focus on one event but rather on the whole system; we want to strengthen the entire self-regulating system of the planet.

Earth’s Energy Field

At 93 million miles from the Sun, Earth is in the perfect Goldilocks zone to have the proper temperature. In the future, the Sun could get larger, which happens in the life of a star. Suns have stages of development that are sometimes referred to in colors: blue star, red star, white star, white dwarf, blue giant, red giant, and so on. If Earth’s sun goes into another stage of development and becomes larger, then Earth might only be 90 million miles away from the Sun.

In star systems throughout the galaxy, an expanding sun can be a catastrophic problem for a planet. If the planet has advanced technology, their scientists can move the planet farther away so that it does not overheat. Fortunately, Earth is not in that situation, but the planet does need assistance to strengthen its self-regulation system.

The first step in an advanced biorelativity exercise is to work with Earth’s energy field. We find it helpful for biorelativity practitioners to bilocate through thought projection to the ring of ascension or, in some cases, to the Moon. In your advanced biorelativity work, you need to be in a place where you have a good perspective and view of Earth and Earth’s energy field.

For this exercise, we will bilocate to the Moon, as the Moon is in a very good position to see Earth. Then we will visualize Earth’s aura/energy field. I compare the methods and practice of planetary-energy fieldwork to individual-energy fieldwork. I will give you some specific examples. You have worked with me on the idea of the cosmic egg, and I have repeatedly told you that the cosmic egg is the perfect shape of energy for personal healing and spiritual work. Forming your aura into a cosmic egg is the perfect shape for working with ascension.

Many factors can distort your aura’s cosmic-egg shape, including distortions from drug use and radiation. Holes in the aura can come from past lives and even attachments from negative entities. These distortions can cause problems, and to achieve optimal health you first need to put the aura in its proper shape.

These principles of the aura also apply to the planet, as Earth’s energy field has an optimal shape as well. The first step to strengthen the self-regulating system of Earth is to bring its aura into the shape of a cosmic egg. This requires a tremendous amount of energy and the work of many advanced, spiritually minded starseeds like you.

What are some problems in Earth’s aura? The planet’s aura has holes, and

holes in certain places let in darker forces. Negative events have occurred over the past 100 years, such as the invasion of Iraq in 2003 and especially the nuclear bomb explosions 75 years ago at Hiroshima and Nagasaki, Japan.

We are against nuclear energy even when it is used responsibly such as in nuclear power plants. Nuclear energy, and in particular nuclear explosions, create holes in Earth's aura. Holes in Earth's aura can cause many things to happen, including attachments from negative energies and distortions in the space-time continuum. Using nuclear energy also weakens Earth's self-regulating system, which can only function properly when Earth's aura is strong, whole, and healthy.

Exercise to Strengthen Earth's Aura

In this exercise, you will thought-project yourself to the Moon, look at Earth's aura, and command, with as much arcan power as possible, that Earth's aura go into the shape of the cosmic egg. You will see all the holes patched or repaired, and see Earth's aura in its proper shape. You will see that Earth's aura has an outer blue line similar to the human aura. Then you will shimmer Earth's aura in the same way you shimmer your aura.

On a personal level, you do exercises such as expanding and contracting your aura and filling it with blue Arcturian light. For planetary healing, we will use blue planetary healing light and affirmations for Earth to strengthen her self-regulating system. There is now extra energy in Earth and in Earth's energy field that can be directed toward planetary self-regulation. It is a tremendous task for a planet to self-regulate its biosphere, and it is even harder for Earth to self-regulate its biosphere in this difficult time.

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- Close your eyes. Take three deep breaths. Go into a deep state of relaxation.
- Let your spirit body rise out of your crown chakra.
- I, Juliano, have established a corridor of light between your home and this special place on the Moon where we will meet. Travel with me through the corridor, and thought-project, with my assistance, toward the Moon. [Tones]: "Ta, ta, ta."
- We are now through the corridor and have arrived at the Moon. We can

see the whole Earth and Earth's auric energy field. With your arcan power and with my assistance, we command Earth and Earth's aura, Earth's energy field, to go into the shape of the cosmic egg now. [Tones]: "Ooo."

- Use the power of your arcan thoughts, your planetary healing abilities, to bring Earth and Earth's aura into the shape of the cosmic egg. As Earth's aura goes into the shape of the cosmic egg, see a solid blue line go all around Earth's aura, around the entire planet. The aura can be 50 to 60 miles from Earth. [Tones]: "Ta, ta, ta."
- We shimmer Earth's aura, focusing on the vibrational speed of the outer line, the outer edge of Earth's energy field. The Earth's aura now vibrates at a beautiful spiritual speed in the shape of a cosmic egg. [Tones]: "Ta, ta, ta."
- We now send this healing thought to Earth-Gaia: "Strengthen your self-regulating system." We want Earth to overcome strong imbalances. Earth needs this support so that we can help her strengthen the self-regulating system of the planet. [Tones]: "Shimmer."
- We send the thought: "Strengthen all self-regulating systems for the biosphere, now." Gaia receives this powerful command. Earth will now be better at cleansing the air and monitoring temperatures so that they stay in balance. Oxygen and nitrogen will stay at the right percentages, and all other tasks necessary to keep this balance of the biosphere will occur.
- We go into meditation as we hold this thought: "Earth, strengthen your self-regulating systems now for maintaining the biosphere." [Silence.]
- For additional Earth healing, we look at her self-regulating system for climate and temperature control. We send this healing thought: "Let Earth's self-regulating system for all matters relating to climate and temperature be at the maximum balance for comfort of all life." [Tones]: "Ooo."
- Let us focus on Earth's self-regulating system for moisture. We send this healing thought: "Let the self-regulating system for moisture come into the best balance so that the necessary rains will come to all places in need and that flooding will be minimized in all areas due to heavy rains." [Tones]: "Ooo, ta, ta, ta."
- Let us look at Earth's self-regulating system for balancing and filtering all pollution, including airborne and ocean pollution. We send this

thought: “Let Earth’s filtering system be strengthened.” [Tones]: “Ooo.” [Silence.]

- Use your arcan power to continue sending these instructions to Earth, Gaia, to strengthen all self-regulation functions and to help maintain the proper balance in the biosphere. At the same time, we will strengthen the outer protective shield of Earth’s aura so that asteroids, comets, and other cosmic negative forces cannot cause any destruction to Earth’s self-regulation system. [Tones]: “Ooo.” [Silence.]
- Prepare to return to Earth. Rise in your etheric body from the surface of the Moon and enter the corridors. Take one last look at Earth and Earth’s aura, and see that it is in a beautiful shape. It is vibrating and filled with light. The self-regulating systems of Earth are coming into a wonderful new balance and are strengthened.
- Travel with me at the speed of thought through the corridor toward your Earth body. [Tones]: “Ta, ta, ta.”
- You arrive 6 feet above your physical body. Command your spirit to reenter your physical body in perfect alignment.
- You are back in your Earth body, but you still feel very connected to Earth’s energy field and the work of strengthening the planet’s self-regulating system.

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Humans are part of Earth’s aura, and you have the power to communicate directly to the spirit of Earth. In this case, we worked directly to improve Earth’s power of self-regulation. One characteristic of *Homo omega* is the ability to communicate with Earth and to influence and help strengthen the planet’s self-regulation system.

Earth has tremendous powers of healing, but in this unique time, her self-regulation systems are being challenged; they are reaching their maximum capacity. Now with our spiritual light, planetary healing, and work on Earth’s energy field, we can directly communicate and send energies using this technique of advanced biorelativity to strengthen Earth’s self-regulation. This is a characteristic of planets that have completed stage one of development and have moved on to stage two. Their inhabitants are able to do healing interventions and interact with their planet’s biosphere and energy field. Allow this light and energy to fill you now with the power of higher thought

and the energy of planetary healing.

Chapter 16

The Big Picture

Juliano and the Arcturians

As a reminder, in regular biorelativity we focus on a specific problem in a specific area, but in advanced biorelativity we take a larger perspective of Earth. The fires in Australia during 2019 and 2020 demonstrate the power of advanced biorelativity. Southeast Asia and Australia are affected by a weather pattern known as the Indian Ocean Dipole (IOD). In 2019 and 2020, Indonesia received the rain that normally went to Australia. As a result, Indonesia experienced flooding while Australia experienced drought and devastating fires. In our advanced biorelativity exercises, we worked to reverse the dipole and improve the weather in both countries. This shows that when you look at a particular problem that needs help, you must look at the whole picture or pattern.

We look at the whole Earth and Earth's aura from the perspective of the Moon. Balancing patterns can be a very complicated exercise. Before these fires in Australia, few people had heard of the IOD. When we look at the whole Earth, we see many different patterns of weather, ocean currents, and influences from earthquakes and volcanoes. How do we, as planetary healers, understand these factors? You might think we need an advanced computer to understand it all, but if you look at weather predictions on television, you see that they use computer models. One model might say a storm will go to one location while another model says it will go somewhere else. They even have names for the computer models.

The point is that you need to communicate with the spirit of Earth so that a catastrophe will not happen due to these imbalances. These catastrophes, or

possible catastrophes, can be lessened in power. For example, you might see a storm coming to your city and think, “Okay, I will use biorelativity to reduce the power of the storm.” In regular biorelativity, this could be a successful intervention, but in advanced biorelativity, you would understand that the situation is more complex and potentially dangerous.

Complex Considerations

Advanced biorelativity required that we take into consideration other factors besides what was happening in Australia during the wildfires. This is why we want you to have the perspective of Earth from the Moon and ask the spirit of Earth to bring into balance all necessary factors. It is too much for everyone to understand all the computer models and computing factors, but in advanced biorelativity, you can say, “Please bring into balance all necessary factors for a successful intervention.” If, by chance, you have gained a more detailed and scientific understanding, you can ask the spirit of Earth to balance those factors for the highest good of all.

Another example of a complex pattern is ocean currents. The United States is affected by El Niño and La Niña, names for ocean currents that begin in the Southern Hemisphere that are similar to the IOD. El Niño and La Niña can cause a lot of rain in South America and very dry conditions in California. Therefore, if you ask for rain in one area, you have to consider that the other area might suffer. This is why I recommend the following affirmation: “Please bring into balance all areas on the planet.” This is a very important affirmation when you are working with advanced biorelativity.

Biorelativity has many techniques, some of which involve the relationship between Earth and the Sun. In ancient Egypt, the Sun was worshipped as a god. There was an understanding that the Sun helped to create weather patterns. In advanced biorelativity, you understand that sunspots and solar storms can be very dangerous to Earth. Coronal mass ejections, for example, can directly strike Earth. This involves computer modeling, because we have to look at complicated mathematics and consider the revolution of the Sun (a 30-day cycle) and the path of Earth around the Sun (a 365-day cycle).

This is why I said this is a complicated mathematical formula, because both a coronal mass ejection and Earth have to be in exactly the right places for a direct hit to take place. A direct hit by the ejection could cause the destruction of all satellites around Earth. There were direct hits in earlier

times, but that was before satellites and your current telecommunication systems existed. A direct hit now could cause the total elimination of the internet, resulting in global economic and social chaos.

Earth and Solar System Protection

The null zone is another complicated mathematical problem that is part of advanced biorelativity work. The entire solar system travels, revolving around the center of the galaxy. Your astronomers have estimated that one revolution around the center of the galaxy might take as long as 350 to 400 million years. This means that you, on Earth, are in a new place every moment and interacting with parts of the galaxy for the first time. Parts of this galaxy have null-zone energy from which you want to protect Earth and the solar system. In advanced biorelativity, you can place protection around the solar system.

The concept of the cosmic egg can be applied to Earth and to the solar system for protection. The idea of the cosmic egg is to help protect you. The cosmic egg assumes that you are an energy field. To have maximum protection, bring your energy field into the shape of the cosmic egg.

The cosmic egg has another meaning. You can see from the following picture that the cosmic egg looks like a luminous body of light. You are a luminous being of light, which means you are an energy field. But your energy field has weaknesses. Some weaknesses relate to and greatly affect your cosmic egg. For example, a strong energy could distort the verticalness of your cosmic egg, causing it to lean to one side. Your cosmic egg could have holes in it or have attachments. A healthy cosmic egg is important for your well-being.

Finally, there is the issue of expansion. If your cosmic-egg field is small and contracted, meaning you have narrow thoughts and narrow emotions, you do not have higher emotional energy or fifth-dimensional energy. If your aura is expanded, say by 1 foot or 2 feet, you can experience higher light and higher energy. Blue and white light around the aura is protective and keeps your energy field strong.

Let us apply the principles of the personal cosmic egg to Earth and Earth’s aura by looking at Earth from space. Earth has an aura because it is a living, spiritual entity. Earth’s aura is very complicated, but the basic principles of the personal aura apply to Earth’s aura and to the aura of the solar system.

First, let us look at Earth’s aura and some of the problems that can and do exist.

Problems with Earth's Aura

Earth's aura has problems right now that we want to help repair using advanced biorelativity. The horizontal and vertical lines in the cosmic egg illustration can be called the meridian lines of the aura. Earth also has meridian lines in her aura, and they can become blocked. Earth's aura has holes caused by military exercises that humans have conducted over the past 100 years, especially nuclear explosions and testing. Comparing Earth's aura to a balloon, if a balloon has a hole, the air leaks out; if Earth's aura has a hole, biosphere life force energy leaks out. This creates weaknesses and deficits in the planet's energy field.

Another problem is attachments. You might know of entity attachments to personal auras — including ghosts and lower beings — that come from the lower fourth dimension. I call these lower beings parasites, and when they attach to the human aura, I call them parasitic attachments. But parasitic attachments can only attach successfully if certain conditions are met. For example, there have to be distortions, holes, or weaknesses in the aura.

At this time, there are many examples of personal, parasitic attachments from lower beings. Substance use, especially from such drugs as methamphetamine and opioids, can cause weaknesses and distortions in the aura and even holes. In these situations, lower beings can attach to people's auras and try to control them and make them do evil things. You have seen more mass murders and other types of violence in recent years.

The ultimate violence is what I call ecocide, which is similar to suicide. Ecocide is part of the sixth mass extinction, which you are now experiencing on Earth. Holes from radiation, distortions, and attachments from lower-energy beings in Earth's aura all contribute to ecocide.

The destruction of Earth has been going on for some time. For example, the Maya destroyed their environment in Guatemala by using forests for their own purposes. After they cut the forests, their farmland dried up. Then they could not produce enough food, and eventually many of their cities died because of this problem. This is an example on a small scale. We are now in a global-scale situation that is more dangerous, because humans have more power to affect the whole planet. For biorelativity and advanced biorelativity, we have to find ways to repair Earth's aura and her blocked meridians to improve Earth's overall health.

Remember that Earth's aura is very complicated due to another problem called space-time distortion. This is a very difficult concept to explain, but let

me just say that the military did time-travel experiments. As we've discussed, it is possible to travel backward or forward in time. A simple explanation goes like this: If you travel clockwise around Earth and use certain technology and achieve a certain speed, you can go into the future. If you want to go into the past, you need to travel counterclockwise.

This might sound pretty clear, but certain rules and laws must be respected. For example, if you do not return at the right speed or at the right time, you can create a space-time distortion or a hole in Earth's aura. These space-time distortions create weaknesses in Earth's aura and allow confusion. Your aura is always moving, going into different energy areas. If you go into a place with a space-time distortion hole, you can become confused and disoriented. You might not know who you are and lose your sense of identity.

This type of confusion in the space-time distortion is manifesting now in diseases on Earth such as Alzheimer's. People with Alzheimer's disease lose their sense of identity, space, and time. People get these diseases for other reasons, of course, but you must understand one simple rule about auras: What exists in the aura manifests in the physical later. Before you manifest an illness, the distortion appears first in the aura.

Biorelativity and the Solar System

Before we move into more advanced healing techniques, I have an important point to make about advanced biorelativity and the solar system. The solar system is approximately 1 to 1-1/2 light-years long, and a barrier exists around it to protect it from cosmic forces. For example, one strong gamma burst from a nearby star could destroy all life on Earth within twenty-four hours.

Rogue cosmic forces — such as planets and comets — can break through the barrier of a solar system and come to Earth. For this reason, we want to spiritually and etherically strengthen the cosmic egg that exists around the solar system. The principles of the personal aura and Earth's aura can also be applied to the solar system's aura. Even today, scientists talk about asteroids striking Earth, but these asteroids come from the asteroid belt located between Mars and Jupiter. We are talking about forces way beyond Jupiter. That said, we want to point out that the cosmic egg around Earth can help protect it from asteroid strikes.

Chapter 17

The Advanced Abilities of Evolved Humans

Juliano and the Arcturians

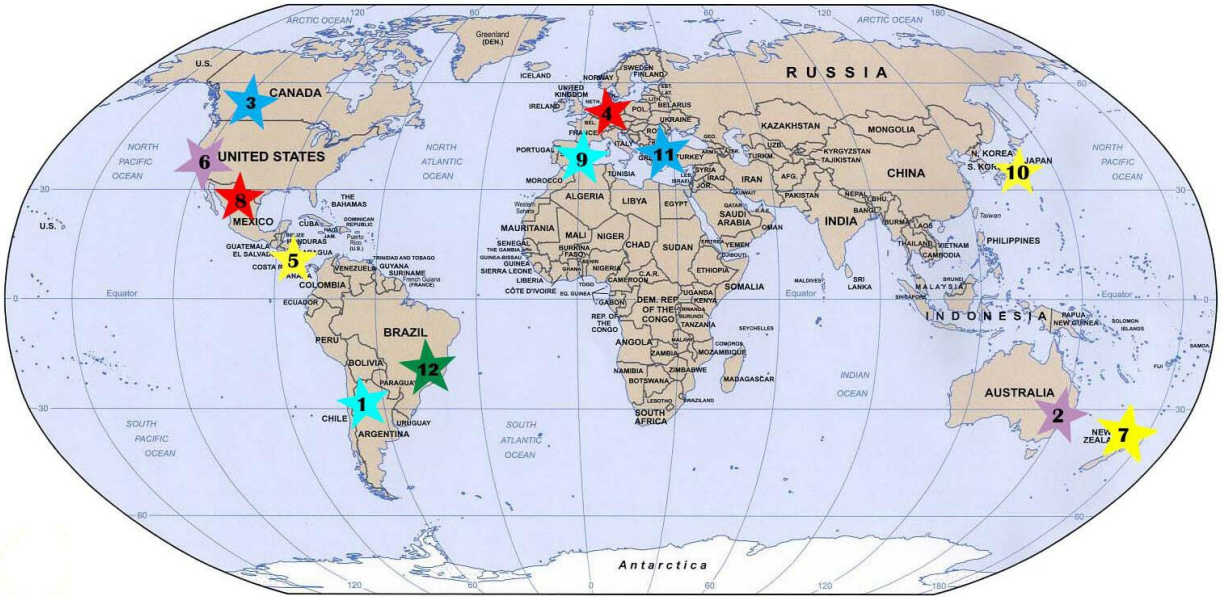
You might be feeling overwhelmed by Earth's problems, especially since they involve complex issues such as radiation, pollution, contamination, and blockages of Earth's meridians and pathways. When we talk about ecocide and the sixth mass extinction, you might wonder how planetary healers can help repair these very serious problems, especially when you consider how many people deny their seriousness.

The answer is that you must have fifth-dimensional help. Fifth-dimensional help takes many forms and includes discussions of first contact and messianic intervention. We Arcturians have a mission, and it begins with helping to raise the evolutionary consciousness of humanity. There are many reasons why we have taken on this mission, but we have limits on what we can do without specific permission from the Ascended Council or Galactic Council.

The process of healing Earth is also related to ascension. Ascension is a fifth-dimensional experience, and healing Earth and stopping ecocide and the sixth mass extinction require fifth-dimensional interventions, or what I sometimes refer to as quantum healing interventions. I use the word "quantum" because this experience transcends cause and effect and the laws of the third dimension.

Arcturian Etheric Crystals

Arcturian crystals, which we call etheric crystals, hold special instructions and can download energy into Earth. Earth's etheric crystals have direct energy relationships to the etheric crystal on Arcturus.



Locations of the twelve etheric crystals on Earth

This map shows the locations of the twelve etheric crystals on Earth: Lago Puelo, Argentina; Grose Valley, Australia; Lake Morane, Canada; Lake Constance (Bodensee), Germany; Volcan Poás, Costa Rica; Mount Shasta, California; Lake Taupo, New Zealand; Copper Canyon, Mexico; Montserrat, Spain; Mount Fuji, Japan; Istanbul, Turkey; and Serra de Bocaina, Brazil. Each of these places holds a fifth-dimensional etheric-energy field, and they can interact with each other to increase the thought fields on Earth.

We call thought power, or the increase in thought power, arcan energy, and we say that we want to create a new bypass energy field on Earth. I use the word "bypass" in a similar way the term is used in medical science: A bypass goes around a heart blockage so that the heart can return to normal functioning. You can think of these crystals as bypass energy.

The crystals can be used in advanced biorelativity in many ways. For example, individual crystals can increase the arcan power of your advanced biorelativity work. Let us again use the example of the Australian fires. We needed to have the strongest arcan power to reverse the dipole, so we raised the etheric crystal at Grose Valley to increase the arcan power of our work. In

advanced biorelativity, the more people working together, the stronger the arcan power. With forty people, we can have really strong arcan power for advanced biorelativity.

The etheric crystals can also be used in triangles. For example, let us say we have a need in Australia for the strongest arcan power. We can increase the arcan power by connecting the etheric crystal in Grose Valley with the crystals in Bodensee and Mount Shasta. (When we do the following biorelativity exercise, we will create a triangle of light from these three etheric crystals.)

In another advanced-biorelativity exercise, we visualize etheric crystals rising out of their areas, such as the etheric crystal rising out of Grose Valley. We then visualize a white screen — such as a screen in a movie theater — that drops down from the top of the crystal to the bottom and on which you can project affirmations. Visualize the affirmation "Bring more rain now to Australia" on the screen, making the letters bright red. You can do this with all three crystals in the triangle.

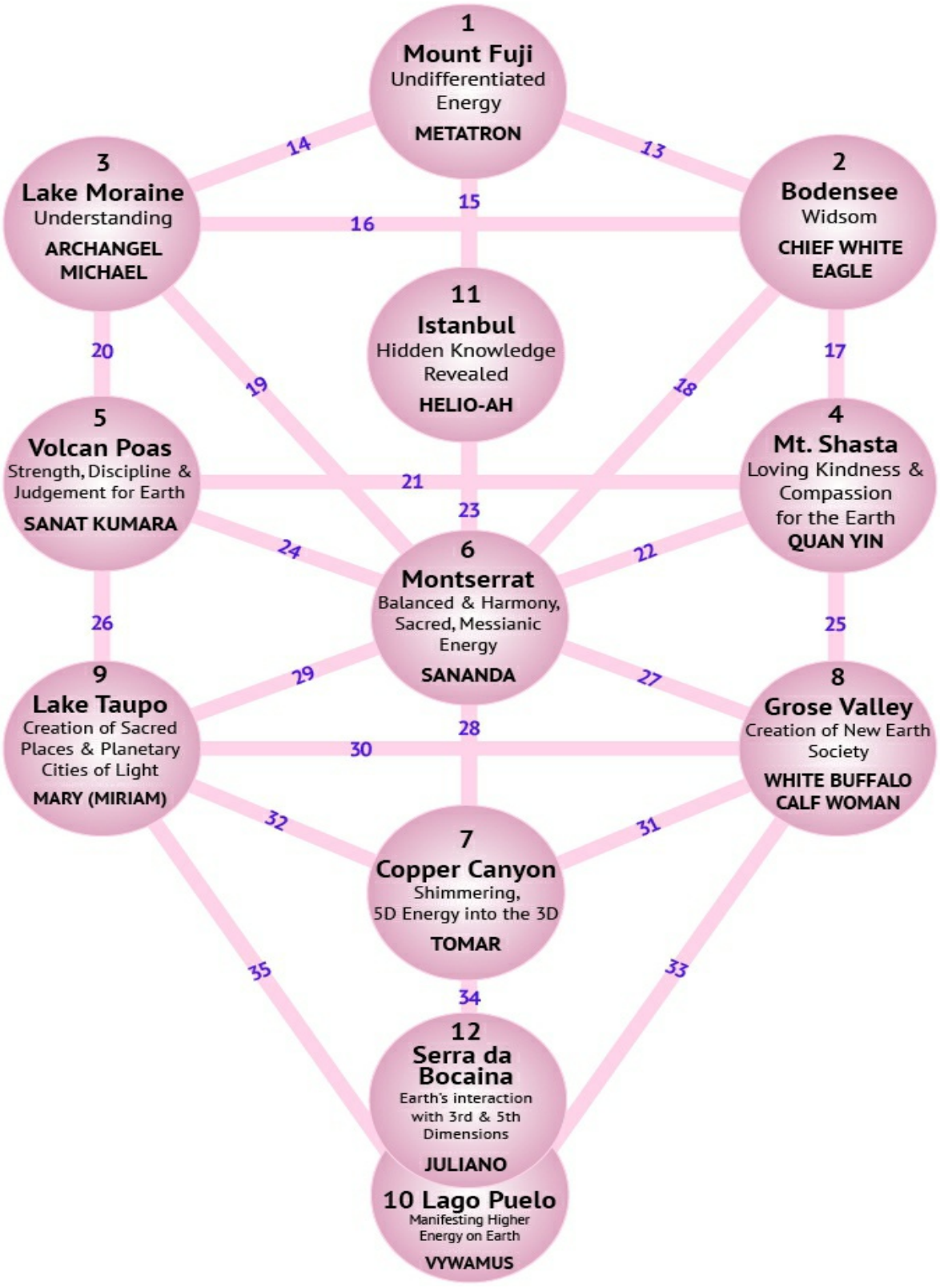
Then say, "At the count of three, let this affirmation go into Earth's subconscious and Earth's noosphere." Using our example, you could then add, "In the highest balance, bring down the rain in Australia now!" When you add the words "highest balance," you take into consideration all the factors that need to be balanced. Then say, "At the count of three: One, two, three," and drop the affirmation into Earth's subconscious. With this exercise, you have done two very powerful things: You have used the affirmation of the white screen, and you have used the interaction of the crystals.

Each etheric crystal has a specific power and meaning. For example, the crystal in Montserrat represents messianic light, which has special healing powers. The crystal in Serra de Bocaina represents energy from the stargate. The crystal in Copper Canyon can connect to the energies of the moon-planet Alano.

As depicted in the following illustration, we have reconfigured the twelve etheric crystals into the Arcturian Tree of Life. Each sphere represents a crystal, and they are connected by paths. Connections form triangles, or triads. There are also vertical connections, such as those between Bodensee, Mount Shasta, and Grose Valley.

Arcturian Tree of Life with Numerical Paths

Each sphere is associated with a spirit guide and sacred location.



The twelve etheric crystals reconfigured into the Arcturian Tree of Life

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EXERCISE TO HEAL FUKUSHIMA RADIATION LEAK

To demonstrate an advanced-biorelativity healing technique, let us do an exercise together to heal the radiation still leaking from the Fukushima catastrophe.

Say, “I call on the crystal in Mount Fuji, representing the highest light coming from the Central Sun, to be raised. I call on the crystal in Istanbul, representing hidden knowledge, to be raised. I call on the crystal in Montserrat, representing messianic intervention, to be raised.” Visualize these three crystals.

See a white screen appear in front of the Istanbul crystal. The following affirmations appear on the screen: “Let new knowledge for repairing radiation leaks be developed and sent to Earth, now! Let new knowledge and information on healing nuclear leaks come to Earth, now!” See the words emblazoned in red on the white screen. We will go into silence now for one minute.

At the count of three, let those affirmations drop into the subconscious of Earth: One, two, three — now. New light, information, and scientific discoveries will come to scientists to help solve this problem.

We go next to the Montserrat crystal, which is also raised. A white screen drops down. Imagine the following affirmation emblazoned across the screen: “Allow a messianic intervention to repair the Fukushima accident.” Repeat: “Allow a messianic intervention to repair the Fukushima accident.” We will go into meditation now. On the count of three, we will drop this affirmation into Earth’s noosphere and subconscious: one, two, three — now.

Lastly, we go to Mount Fuji. The crystal there is raised, and a white screen appears in front of it. Mount Fuji represents the highest light coming from the Central Sun. We send this crystal fifth-dimensional light to go directly to the Fukushima reactor, and we visualize this affirmation: “Let the Fukushima area be healed, now!” Again, we will go into meditation for one minute with this affirmation.

The energy from the Mount Fuji crystal, which is now connected to the Central Sun, sends healing light to the Fukushima area. The energies of all three crystals — Istanbul, Montserrat, and Mount Fuji — send healing and repairing light. And so it shall be.

~

I will leave these three crystals up for the next six hours to help continue this wonderful healing energy we created with you.

We focused in this exercise on Mount Fuji and the Fukushima radiation leak, because that accident is still the number one threat to the biosphere even though there is very little discussion about it in the media.

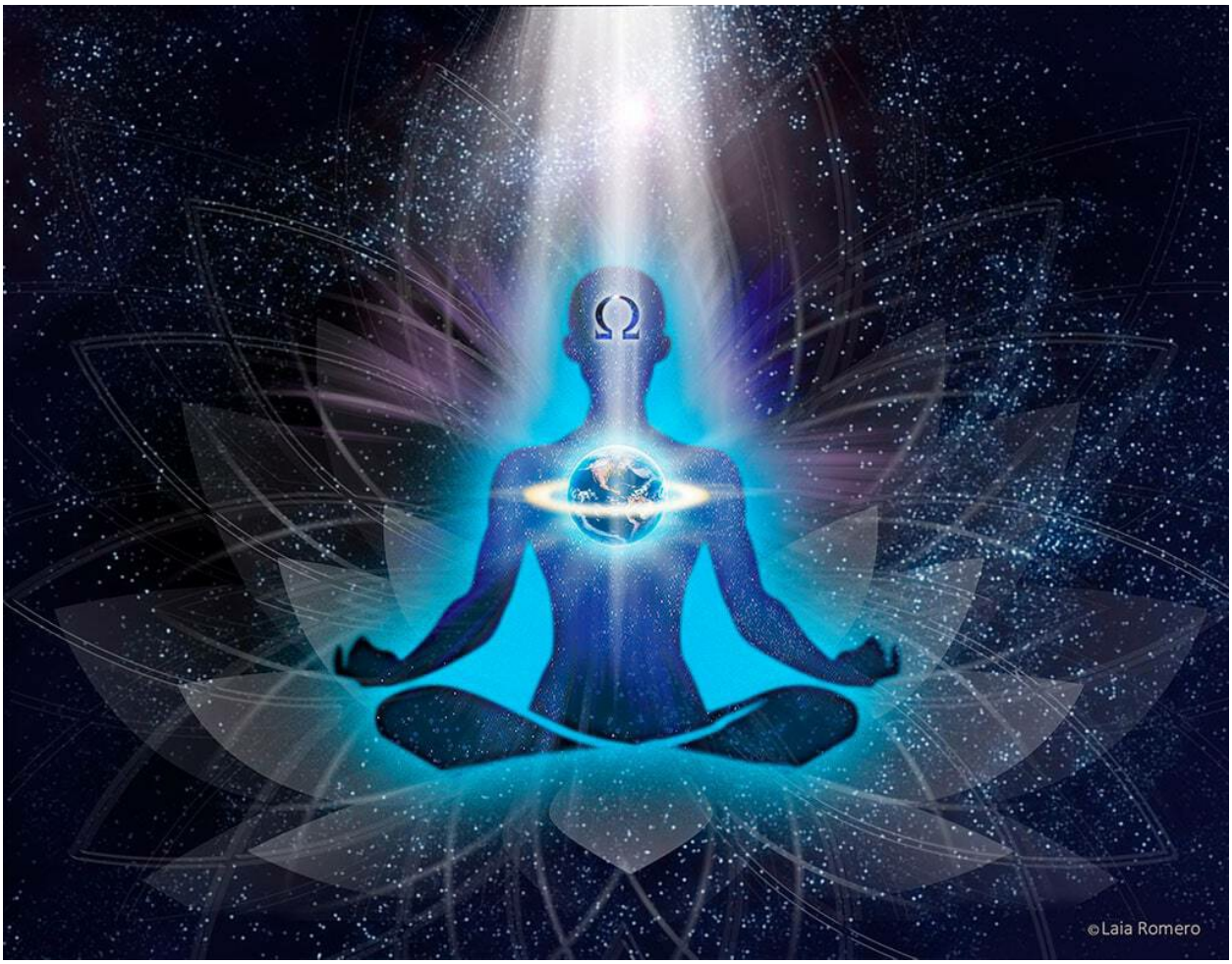
Omega Man/Woman

Ultimately, our goal is to raise the evolutionary cycle. *Homo sapiens* is one species in a long line of human evolution, including the Neanderthal, Cro-Magnon man, and several other species. *Homo sapiens* is not the end of the evolutionary cycle. In advanced biorelativity, we want to encourage the next evolutionary species.

The next human species connects to heart energy with fifth-dimensional consciousness. Blocked heart energy is one reason why so many people deny the catastrophes of ecocide and the sixth mass extinction facing Earth. Many people might be intelligent, but if their hearts are blocked, they do not feel the pain and suffering occurring on Earth. The next human species also needs unity consciousness and planetary consciousness.

The ascended masters have been waiting for the right opportunity to bring the new-species model to Earth. I am happy to show you the image of the new omega man/woman. This person has fifth-dimensional awareness and an open heart to planetary consciousness and healing. [Tones]: “Omega light, omega light, omega light.”

The development of this omega man/woman will occur through our visualizations and meditations. It will come through our work with the etheric energies of the crystals and the 1,600 starseeds working together to manifest the omega man/woman. The ultimate biorelativity advanced exercise is to encourage the manifestation of this next species of humanity.



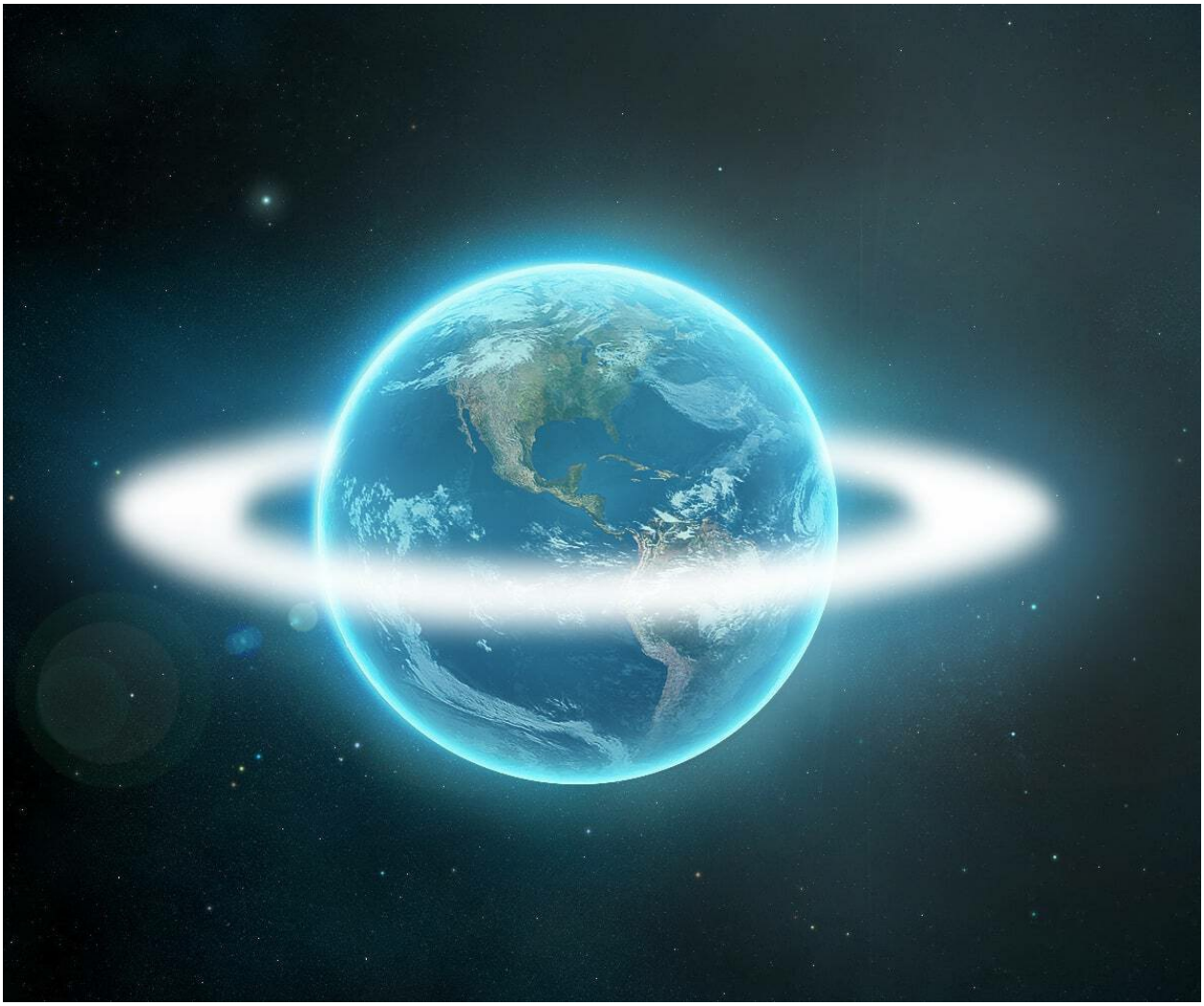
Homo omega

Ring of Ascension

The ring of ascension is a halo of light around Earth that contains both fifth-dimensional and third-dimensional energies. This halo allows fifth-dimensional masters to come down into the third dimension and you, as a third-dimensional student, to interact with the fifth dimension. The ring of ascension is also a healing tool because of the way it encircles Earth. For example, if you want to send a healing-balancing light to the whole planet, you can send your thought forms and affirmations to the ring of ascension. Think of it as a marquee above a movie theater, and the words on the marquee go around in a circle.

Let us put this affirmation into the ring of ascension: “Let the aura of Earth come into the shape of the cosmic egg, now!” See the words emblazoned on this white halo, the ring of ascension. Let us meditate on that

now for one minute. [Tones.] Let the light of the ring of ascension bring healing to all aspects of Earth's aura.



Ring of ascension

Galactic Kachina

Finally, let us look at the Galactic Kachina. The omega man/woman is aware that we are galactic beings. Galactic beings know that even though we are on a small planet, we are part of a whole. Galactic beings know that we, on Earth, can receive galactic insight and the energy of spiritual light from the Central Sun. We can balance the galactic evolution and light with the evolution of Earth.

The Galactic Kachina is the intermediary between the omega man/woman with galactic awareness and Earth, which needs the benefit of higher, galactic

healing power. This is high biorelativity energy.

Chapter 18

Shimmering Technology

Juliano and the Arcturians

New spiritual technology such as shimmering is necessary in this period of planetary evolution, and focusing on the aura is an important part of this new technology. The aura is helpful for learning about ascension and for personal healing. Focusing on Earth's aura is also important. Earth is a living being, a living spirit, and we work with the planet's aura as part of Earth's healing.

The aura has many possible shapes, but the ideal shape is the cosmic egg. During the practice of shimmering, you try to put your aura into the shape of the cosmic egg. You notice that I said the "ideal shape" is the cosmic egg. Most of the time, for many people, the aura is not in that shape. Attachments and distortions can alter its shape.

Your aura, or energy, field interacts with others. People can try to steal the energy from your aura. Stealing aura energy is caused by parasitic attachments. Other distortions occur when the aura is not vertical but leans to the left or to the right. Sometimes the aura is very small and contracted. The aura might be dark instead of light.

As a starseed, you can direct your aura into the shape you want it to take. In the practice of shimmering, you say, "I command my aura to go into the shape of the cosmic egg." Repeat this again, right now: "I command my aura to go into the shape of the cosmic egg." Your aura will respond to your command and go into the shape of the cosmic egg, especially if you are working with higher energy in meditation and with the Arcturians.

The outer line is an important part of the aura because it holds the aura's shape. It also controls the pulse of the aura. The pulse of the aura can be fast

or slow. You already recognize this fact in the language you use. For example, you might say, “This person is of a high vibration,” or “That person is of a low vibration.” In actuality, you are describing a fact. When people are of a high vibration, the outer edge of their auras pulse quickly, but when people are of a low vibration, the pulse is slow.

The Speed of Your Aura

In shimmering, we encourage the aura to vibrate at a higher speed. I compare this to the pulse of your physical heart and circulatory system. It is good to have a higher pulse rate of 100 to 120 beats per minute, especially when you are exercising. But if your pulse gets too high, such as 180 to 200 beats per minute, you could have a heart attack or a stroke. In shimmering, we want the pulse of the aura to go as high as possible: the faster the pulse, the better. Eventually, the aura pulses so fast and so high that your physical being begins to shimmer.

Were you to observe a shimmering experience such as the pulse people’s auras speeding up, you would see them go in and out of sight; they would appear and then disappear in this physical reality. I like to use an example from *Star Trek*, the TV series. Their spaceship has a machine called a transporter that transports people from the ship to other locations. People stand in the transporter, which makes their auras and physical bodies flicker. Right before they are transported, they flicker so fast that they go in and out of physical reality. Then they disappear from the ship and materialize somewhere else.

That going in and out, that flickering, is similar to shimmering. The good news is that you can do shimmering with the meditation and special exercises I will teach you. Where will you go when you reach a certain speed? In the Arcturian technique of shimmering, you go to the fifth dimension and ascend. You see, ascension requires a spiritual technology that involves the ability to shimmer. When you begin to increase the speed of your aura, a transformation begins. I call this a transmutation. Your energy field moves from the third dimension into the fifth dimension.

The New Testament in the Bible references shimmering. In one story, Jesus went with his Apostles into the wilderness. Suddenly, he rose up and shimmered, appearing to his Apostles in a fifth-dimensional image. He demonstrated that you can go into higher forms by doing certain spiritual

energy practices. Shimmering practice, then, is part of your training for ascension.

Shimmering Practice

We must practice the shimmering technique together, because this is a higher spiritual practice. But there are stages in developing the skill:

- In the first stage, you practice shimmering in place. Sitting quietly, you become aware of your cosmic egg. Then you become aware of the outer edge of your aura and its pulse. You begin to increase the speed of the pulse. As you shimmer in place, you go in and out of the third dimension.
- In the second stage, your pulse vibrates at such a high speed that your image rises and you bilocate to the fifth dimension.
- In the third stage, what I call the ascension stage, you leave Earth and go permanently into the fifth dimension. This is the true transmutation of your energy field and how you achieve ascension. You need a lot of energy and help to get your aura to this high-vibrational state.

Ascension begins with an intersection of the fifth dimension with the third dimension. During this intersection, a high frequency of energy, or pulsing, transmits to everyone, but only people who have the training and know about spiritual technology can use this energy to shimmer to ascension.

As I mentioned, the second stage of shimmering includes bilocating. To bilocate means that your energy is in two places at the same time. When you raise the speed of your aura to a certain level, you can bilocate and send your thoughts to another place. In our training exercises, we recommend that you practice bilocating to the fifth dimension. We have a special place on Arcturus where we want you to practice bilocating to — the Arcturian crystal lake. This is a fifth-dimensional training lake that we have set up for the starseeds on Earth. When we train you for shimmering and bilocating, we give you special instructions. We say, “Shimmer, shimmer, shimmer.” Then we say, “Shimmer to the fifth dimension,” and “Shimmer to the Arcturian crystal lake.”

Certain tones and sounds can help you shimmer. As part of the Arcturian mission, we are here as teachers and trainers to help you go into the fifth

dimension. As part of the training, I use tones and sounds to help you increase the speed of your aura. For example, the tones or sounds might go like this: “Ta, ta, ta …” [Toning continues, moving faster and faster.]

These are examples of sounds and tones that I use for training. The speed of the tone becomes so fast that the channel, David, cannot keep up, but he makes them sound fast enough. So you must use your imagination. For example, it could sound like this: “Ta, ta, ta …” [Toning moves slowly], and you match the speed of your aura to that sound. [Tones]: “Ta, ta, ta …” [Toning speeds up.] This tone means you are going faster and faster, but the truth is that your aura is going to go so fast that human sounds cannot keep up with the speed.

The word we say that means you will go at the highest speed possible is “shimmer.” The whole exercise will sound something like the following. [Tones]: “Ta, ta, ta …” [Toning increases in speed.] “Shimmer.” When you hear that word, you understand that your aura is going at a speed so fast that we cannot describe it in normal words. In advanced shimmering, you shimmer at that high speed, and then I say, “Go to the fifth dimension,” and “Shimmer to the Arcturian crystal lake.”

First-Stage Shimmering Exercises

In this shimmering exercise, I will only do the first stage with you. That means you will stay in place.

- Close your eyes and take three deep breaths. Go into a deep state of relaxation. You feel relaxed, energetic, and very spiritual.
- Become aware of the energy field called your aura. Tell your aura: “Go into the shape of the cosmic egg now.”
- Become aware of the dark blue outer line of your aura. Become aware that the outer line is pulsing.
- Coordinate the pulsing to my sounds. [Tones]: “Ta, ta, ta …” [Tone continues, going faster.] “Shimmer, shimmer, shimmer.” [Tone continues, going faster.]
- We will go into meditation now as you shimmer.

  You are now shimmering at a very nice speed and at a very high vibration. You are going in and out of this physical reality. Let us do another round of this practice.

- [Tones, faster and faster]: “Ta, ta, ta, shimmer, shimmer, shimmer.”
- Again, we will go into silence and meditation. [Pauses.]
- You may open your eyes now. You are at a very high rate of vibrational speed.

As I continue with our discussion, you will vibrate and shimmer at a high speed, but you will stay in this reality on Earth.

Shimmering as a Protection Tool

We developed the exercise of shimmering to help your ascension, but it has other advantages, including protecting you on the third dimension. The exercise of shimmering helps to protect your aura from viruses and other intrusions into your aura. The higher the speed of pulsing, the better protection your energy field has. For example, if you are in a room with many people and you practice shimmering, you can say, “I command my aura to go into the shape of the cosmic egg.” Your aura will begin to vibrate at a very high speed, and any intrusions, viruses, or bacteria will be stopped at the outer edge of your aura.

Shimmering can help protect you in other ways. An Arcturian starseed who works with this channel was in a car accident. In such an accident, time can slow. Just at the moment of the accident, when she saw what was about to happen, she imagined her aura in the shape of a cosmic egg, and she shimmered. Her car was very badly damaged, but she walked away with no injuries. This is because she shimmered right at the moment when the accident happened.

Practice shimmering as you stay in place, but this time think about protecting your aura from outside problems.

- Visualize your aura in the shape of a cosmic egg.
- See the outer edge of your aura as a bright blue line; see horizontal and vertical lines of protection.
- You are in the center of the cosmic egg. A Star of David above the cosmic egg sends protective light down to you. [Tones]: “Ta, ta, ta, shimmer.”
- Your aura is in a cocoon of protective light, and any negative energy bounces off. [Tones]: “Shimmer, shimmer.”

You can also shimmer a planetary city of light by visualizing an aura around it and shimmering the outer edge. This is one of the best exercises you can do to protect your planetary city of light. You can even shimmer the aura of your country or of Earth.

Advanced Shimmering

In advanced shimmering, you bring yourself to a high vibration, and when you reach this high speed, you travel through a corridor. It is necessary to travel through a corridor as protection and to make travel easier. I, Juliano, will connect the corridor to the Arcturian crystal lake.

When I say to you "Shimmer, shimmer, shimmer," you will reach a certain speed, and then I will say, "Shimmer now!" and clap my hands. Your aura will immediately travel through the corridor at the speed of thought. You will then be able to travel to the Arcturian crystal lake and enter your fifth-dimensional body.

This takes practice, but you are an Arcturian starseed, and this exercise will be easy, helpful, and fun for you. You can use the exercise for your protection, bilocation, and of course for your ascension. I am glad that you are open to and able to receive these techniques. Let us sit together in silence for one minute as you integrate all this new information.

Raise Your Spiritual Vibration

You can command and give instructions to your aura by stating conscious affirmations. To review, you begin the shimmering exercise by imagining your cosmic egg, your aura, then you instruct your aura to go into the shape of the cosmic egg. Then you develop the outer line, which is darker than the rest of the aura. Please remember that the line goes around your top and bottom (underneath the ground), as well as front and back. In a sense, you holographically form the entire shape of the cosmic egg.

Then you vibrate or pulse the aura with the "ta, ta, ta" toning sound. The toning brings you to the higher acceleration point at which you can quantumly accelerate to the highest speed related to the tone "shimmer." Then you go into meditation and feel the beneficial effects. The following exercise raises the pulsing speed of your aura.

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- Close your eyes. Take three deep breaths. Feel yourself go into a state of relaxation.
- Give yourself permission to do this shimmering exercise, and state your intention to return to your physical body after it's completed.
- To the best of your ability, visualize your aura, your energy field, and say, "I command my aura to go into the shape of the cosmic egg. I command my aura to go into the shape of the cosmic egg."
- Become aware of the outer blue line of your aura that pulses just as your heart and circulatory system pulse. Focus on my toning, and to the best of your ability, synchronize the pulsing of the line of your aura with my toning speed. [Tones]: "Ta, ta, ta."
- As we increase the speed of toning, we reach a point of acceleration. When you hear me say the word "shimmer," you will accelerate beyond what toning you can hear. [Tones with increasing speed]: "Ta, ta, ta …" When you hear the word "shimmer," you will go into accelerated pulsing. [Tones faster]: "Ta, ta, ta, shimmer."
- We will go into silence as you experience the shimmer-accelerated pulsing of your aura.
- Your aura is becoming lighter and lighter. You are dancing and flickering, going in and out of third-dimensional space. [Tones]: "Ta, ta, ta, shimmer."
- Go into silence.
- Your aura now vibrates at a very high speed. You are comfortable with this. You feel higher spiritual energy and a higher spiritual vibration. You feel yourself going in and out from third-dimensional and into fifth-dimensional energies. [Tones]: "Ta, ta, ta, shimmer."
- The dynamic blue light of the Star of David is exactly over your crown chakra. Your aura expands, moving outward. You feel lighter, more fifth dimensional. [Tones]: Ta, ta, ta, shimmer."
- Take three deep breaths. As we bring this exercise to a close, the speed of your aura now has been raised. Your ability to vibrate, to pulse at a higher speed, is now integrated into your energy field. You can do this exercise any time you wish. At the moment of ascension, you will easily vibrate and shimmer at this higher rate. If you choose, you will leave

this dimension and gloriously enter the fifth dimension.

- Take three more deep breaths. As I count back from three to one, you will return to your normal state of consciousness and be fully in your body and present in the room: three, two, one. You may open your eyes now.
- You are back in normal consciousness, but it will not be the same as when you went in, because you are vibrating at a higher speed. You will continue to integrate this shimmering experience into greater health and greater spiritual abilities.

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Return to your physical body, realizing and being grateful for the fact that you have accelerated your vibration and your ability to shimmer. It is very important to practice shimmering; it is a primary tool for ascension.

Chapter 19

Transdimensional Connection

Juliano and the Arcturians

Perhaps you have wondered who you are, what you are composed of, where you come from, where you go after this lifetime, and how you will get there. Understanding your true nature as biomagnetic beings of light can help answer such questions. Even those not in higher consciousness and of dense energy are biomagnetic beings.

We hear much discussion about the Taoist concept of chi, the Hindu concept of prana, and the Japanese concept of qi when referring to the biomagnetic nature of humans. All these are descriptions of biomagnetic life force energy that runs through you. This life force is everywhere in the cosmos. Chi is a mystical or magical energy that requires discipline, study, and practice to feel. It is part of the biomagnetic energy field that you already exist in.

Your spirit is also biomagnetic. It might not be measurable in the same biomagnetic state as your physical body, as it is of a different vibrational biomagnetic substance and energy state. The electrical current within you can be described as chi, prana, or qi, and your heart, brain, and thoughts are all part of an electromagnetic field that includes the aura, or energy field.

The strength of your electromagnetic energy field is vital because it can repel lower energies and attract higher energies. If you are around people who have stronger magnetic energy fields, they might be able to dominate or control you.

Your thoughts are also part of the electromagnetic spectrum. They are interdimensional or transdimensional, which means they can go above the

third dimension. Your thought waves operate on electromagnetic frequencies that have abilities beyond the normal range of linear reality. Your mind is a complex electromagnetic organ. There is a distinction between the mind and the brain. The brain is the physiological or biological part of your physical body and the mind represents the transdimensional and interdimensional aspects of the brain's functioning. It is important to understand this about your electromagnetic nature.

Coherence means you are in resonance or on the same frequency with other dimensions and higher energies. Our work together focuses on raising your consciousness and helping you align with the higher energies. In particular, we want you to be coherent with the Arcturian frequencies. We send, through various techniques, electromagnetic energy to you and to your planet.

Recognize Your Transdimensional Connectivity

There are certain rules of electromagnetic energy that have to do with plus and minus, positive and negative. This universe is a dipole. It is a polarized universe based on yin and yang, positive and negative. There are multiverses, or other universes. Some of the other universes are tripoles. They have three energy states, which include positive, negative, and a third state unknown in our current universe. There is even a universe that has four electromagnetic states, or a quadropole. The two-pole universe of positive and negative can also be referred to as emptiness and fullness.

In this universe, energy is transported along the electromagnetic spectrum. Higher healing and thought energy are not measurable using today's technologies. Nonetheless, this type of energy is also governed by the laws of particle physics and entanglement. The laws of entanglement in the electromagnetic energy spectrum follow the same laws as the laws of particle physics on the subatomic level. This means that when two spiritual thoughts and two spiritual beings have contact at any point in their existence, they have a bond that stays with them no matter which part of the galaxy or universe they live in. This is why you, Arcturian starseeds, feel connected to us and to our work. You have, in other lifetimes, had an entanglement with us.

This word “entanglement” might have some odd connotations in your language, because it implies that something is confused or entangled somehow in a negative way. I actually prefer the word “connectivity.” When two biomagnetic, electromagnetic beings of light have a connection, they establish connectivity, and that connectivity is transdimensional. It will stay with you no matter where you are in the third-dimensional world on your soul journey. You might feel that connectivity or entanglement when we talk about your home planet.

Many of you have asked me in private, “Where is my home planet?” You have a sense of connectivity to that home planet and a desire to return there. This connectivity is a positive aspect of your electromagnetic energy field. It helps ensure that you can work energetically with the Arcturians and with your guides and teachers from other planetary systems and dimensions. You already have a connection with the Arcturians. We want to enhance that connection for your planetary and personal healing work.

I will present an exercise based on what I call the sitting-chair technique. Using this technique, you can enhance your alignment with our Arcturian system. By enhancing the alignment, you can more effectively bring down planetary and personal healing energy into your biomagnetic energy field.

An Arcturian star system and Arcturian guides and teachers inhabiting a place in the galaxy approximately thirty-six light-years away can send electromagnetic energy fields composed of healing light to you on Earth. We can transport the energy over this enormous distance. This electromagnetic energy from the thought fields is transdimensional. Your brain and mind have abilities and functions far beyond conventional scientific understanding. Higher consciousness and higher thoughts are available to Arcturian starseeds who have already developed a connection with us from other lifetimes.

Using the sitting-chair technique, we can enhance your connection to the Arcturians. This connection will help establish coherence with our thoughts. Our higher thoughts will be enhanced into your consciousness. The biomagnetic/electromagnetic coherent Arcturian energy field can be downloaded into your energy field. You can direct this higher energy to healing needed in places in your body or to needed areas on the planet.

In the first part of this exercise, we will work on personal healing. You will direct the healing light and healing energy that you receive from the Arcturians to places where you need it in your body. This is a time of great polarization on Earth. This is a time of dis-ease, and I know that each of you

may need healings for several reasons. There could be intrusions on your electromagnetic energy field, or you could be dealing with aging issues. Finally, you might experience the unusual planetary imbalances caused by the distorted energy fields prominent around Earth.

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CONNECT WITH ARCTURIAN HEALING LIGHT

Take three breaths and say these words to yourself: “I am a bioelectromagnetic being of light, and I am able to communicate bioelectromagnetically with all higher beings in this galaxy and beyond.” As a bioelectromagnetic being, you are able to project your electromagnetic energy. You are also able to bilocate your energy field through your thoughts.

Give permission for your spirit body to rise out of your crown chakra, and through your powers of transdimensional travel, project yourself into the ring of ascension, the fifth-dimensional halo around Earth. Now visualize a chair in the ring of ascension. This is your personal chair. Thought-project yourself and the chair to a place over the North Pole, which is considered Earth’s crown chakra.

As you sit on the chair, align your crown chakra with the star Arcturus. This is your personal star. It is your star for higher consciousness. Allow the star Arcturus, which is thirty-six light-years from Earth, to come into direct alignment with your crown chakra. As you experience this alignment, feel a corridor of light coming down into your crown chakra from my starship Athena and from the Arcturian star system. You have a corridor over your crown chakra that will allow me to send specific healing frequencies into your energy field.

These light frequencies are specifically designed to work with your electromagnetic aura. All disease in your body is based on blockages or intrusions. Disease has an electromagnetic basis in your aura. The disease can cause a density in the aura or misshape it. An incoherent or a non-resonant frequency in the aura can hinder the ability of an organ to vibrate at the right frequency. You experience this as an illness. That affected organ could have a darker shape or color or an unusual mass on it.

As you work with me in the chair, scan your physical body on Earth and look for any distortions, disease, or blockages. Bring those into your awareness and prepare to receive higher Arcturian healing energy. This can be considered a healing surgical intervention. Identify which part of your body you want to work with.

Now bring your consciousness back into the chair sitting over the North Pole in alignment with the Arcturian energy. You are in alignment with the Arcturian corridor, and now we send down brilliant blue light. This healing blue light has pinpoint accuracy. It is able to do tremendous realignment of the electromagnetic field of your body, helping you remove any blocks and unnecessary masses.

This brilliant blue light comes down from Arcturus into your crown chakra and goes through your entire body. As you sit on the chair, the healing light from Arcturus comes out of your feet and down to your physical body on Earth. This blue light is downloaded into your physical body through your crown chakra on Earth. We will go into meditation as you direct this light wherever you need healing in your physical body. Take advantage of this wonderful opportunity.

Focus on the healing light. Make one final request for the ability to minimize any distortions in your body. The download of energy into Earth has been successful.

We now close the corridor connecting you to the Arcturians and return you from your chair over the North Pole back into the ring of ascension. From the ring of ascension, bilocate yourself back into your physical body in perfect alignment.

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Remember, this light has the precision of a surgeon and can go into small parts of your body with pinpoint accuracy. You can dissolve any unwanted parts, abnormalities on any organ, clean up any cells, and even use it to repair your energy field. This includes sewing up holes in the aura and shifting colors from dark to light. Let me enhance this blue healing stream of light with these tones: “Yay hay, healing light, Arcturian blue healing light.” Understand that this is also an electromagnetic healing light with quantum healing powers.

Prepare for the Flash

Bursts of light and energy continually occur all over the galaxy and throughout the universe. Even your Sun has bursts of light and energy. These are called solar flares, solar emissions, or coronal mass ejections. There are also electromagnetic discharges from supernovae. Some of the other bursts include gamma ray bursts, which can be extremely harmful to all life forms.

A flash of spiritual energy can often be experienced personally as an insight. Someone may say: “Aha, the light has come on. I can see and understand now.” That is part of a flash. There is an actual downloading of electromagnetic energy stimulating certain parts of your mind that give you the new activation energy to understand something. Scientists and creative people — artists, poets, and trailblazers — use these phenomena to create new work and invent things. Inventors and artists seek out the flash experience. The flash experience can come after preparation, which can include meditation, study, and seeking out higher energy at sacred places.

The flash is a positive spiritual experience for those who are prepared. Those who are not prepared will not be able to use that energy. In some cases, the flash may cause a period of disorientation. It might overload their spiritual circuity and cause their systems to shut down and or become unbalanced. This underscores the importance of preparation.

Now you are in coherence with the Arcturian planetary healing light frequencies, and we download the planetary healing light frequencies directly into the North Pole. From there, the energy will go into the noosphere and will be distributed around the planet. You can first download this healing light into the noosphere, and then you can direct it to any place on the planet. Make room in your crown chakra for planetary healing frequencies, and say this affirmation: “I allow space in my crown chakra for receiving and transmitting planetary healing frequencies to Mother Earth.”

I, Juliano, am preparing with our masters a special planetary healing energy that will come through each of you and go into the North Pole, transmitted to wherever it is needed. This is a frequency of coherence and resonance, joining the planetary galactic brotherhood and sisterhood to activate the highest evolutionary pathways on this planet now. Prepare to receive this new, powerful energy for the planet. It could be ten times more powerful than your personal flash. We are going through different pathways. You have pathways in your systems that allow this higher-frequency discharge to go through you, for you are planetary healers; you are conduits

for this higher planetary light and higher frequency. Let this frequency go into the North Pole.

We calibrate this frequency now for planetary healing, unity consciousness, and evolution. This is called the rainbow download of planetary healing through Arcturian light. It has five different frequencies of light: white, blue, orange, red, and violet. Prepare your pathway for the planetary healing conduit of light in your energy field, direct it toward the North Pole, and receive this flash. A blue light now fills the bioelectromagnetic energy field of the planet. Some might see this is as the northern lights. This is a huge electromagnetic input. It is through this type of electromagnetic energy field that Earth will be healed.

The bioelectromagnetic energy field of planet Earth has received these higher inputs. Your work, diligence, and coherence with the Arcturian masters have helped you download this energy. As you are back in your physical body, you feel a new energy and lightness. You feel a tingling around the entire body, for you are more aware of your personal electromagnetic energy field, especially as it is fully charged, activated, balanced, and ready for ascension.

Chapter 20

The Great Attractor Force

Juliano and the Arcturians

Cosmic consciousness covers many subjects, and we will look in particular at the holographic nature of the cosmos and the phenomenon of the Great Attractor, sometimes referred to as G.A. Cosmic consciousness implies an awareness of the entire universe or cosmos. This awareness is crucial to the development of human consciousness. We say that the universe, or the cosmos, is holographic, and that means one part of the universe is similar to a slice of an apple. If you understand that piece of apple, you will holographically understand the entire apple. This is the nature of holographic energy and holographic characteristics.

It is amazing to think of the billions of stars that exist in a galaxy. One estimate is that the Milky Way has 200 billion stars, and there are probably billions of galaxies. That means the astronomical number of existing stars in the universe is far beyond what we can calculate. Your brain has neurological pathways numerically equivalent to the number of stars in the cosmos. Your brain functions as a mini universe with an uncountable number of pathways equivalent to thousands of galaxies in the cosmos. Thus, there is a relationship, certainly numerically, between the pathways in the brain and the number of stars in the cosmos.

Gaia and Cosmic Consciousness

We will use the words “cosmos” and “universe” interchangeably, but we prefer the word “cosmos.” Earth is a living planet, and it has many

characteristics similar to a living organism. These include self-regulation, a feedback loop system, and interactions with other systems in the universe. Earth has the ability to interact with humans. It is only recently that Western society has even considered this possibility, but native peoples throughout the ages have known that people can communicate with the spirit of the planet.

The galaxy and the cosmos have spiritual energy. This is similar to the spirit of Earth. Modern humans are now relearning the ability to interact with the spirit of the planet. Remember, in holographic theory, the part can access the whole. The cosmos is an entity with a consciousness. Just as you can interact with the spirit of Earth, so too can you interact with the spirit of the cosmos. You already have names for this interaction, such as universal light and universal energy. Even the concept of unity consciousness implies an ability to interact with the universe and its consciousness.

The galactic alignment in 2012 was one example of how the forces of the galaxy can interact with and affect Earth. The 2012 alignment precipitated many broad changes in consciousness on the planet. Major effects were increases in the awareness of starseeds and of the star family energy. Today, you see the results of this interaction in this alignment.

Heal the Planet through Alignment

How do you use the 2012 alignment to increase planetary repair and planetary healing? One way is to acknowledge the starseeds and the star family. Use their knowledge to seek an awareness of galactic planetary repair experiences in galactic history. Galactic history includes the concept of galactic anthropology, which I define as the study of extraplanetary systems throughout the galaxy in hopes of learning their customs, history, and the cultural phenomena they experience.

Galactic anthropology has revealed that there have been planetary wars and, most importantly, that there is a system of classification of evolutionary stages that planets go through. We have listed those as stages one through five. The important thing is to learn that the galaxy — and the universe as a whole — is evolving.

There is a Galactic Council that oversees the evolution of the galaxy. You might ask: “Why would the Galactic Council be interested in what happens on Earth?” We observe in cosmic consciousness that there exists cosmic reincarnation. Cosmic reincarnation expands Earth reincarnational concepts.

It is generally believed that one reincarnates on Earth for many lifetimes until graduation from this third dimension. However, galactic anthropology tells us that you, or anyone, can experience cosmic reincarnation, and that means you can reincarnate on numerous planets in this galaxy or other galaxies.

As starseeds, you undoubtedly had lifetimes on other planets. You are partially aware of your lifetimes on other planets because you frequently ask me where your home planet is. Most people who are not starseeds do not ask where else they have been reincarnated in the cosmos. It is important to understand where you have been in your reincarnation history.

Optimize Learning through Cosmic Reincarnation

The idea of cosmic reincarnation goes something like this: You have completed the Earth lifetime, and you are ready to go on to another lifetime. There are certain karmic lessons you must learn, and you look for a new lifetime that will offer you the opportunities to learn these. Sometimes lessons are available on Earth, but sometimes they are more readily available on another planet. There might be a planet in a different part of this galaxy that will offer you the experiences you need, and it would be preferable for you to reincarnate on that other planet. These are the basics of cosmic reincarnation.

Overall, there is a move toward evolution, and if one part of the galaxy has life as there is on Earth, then souls from Earth will most likely reincarnate on other planets in the galaxy. Therefore, it is advantageous for the evolution of the galaxy that the Galactic Council pay attention to Earth and its evolution to encourage souls to learn their karmic lessons. Earth souls will reincarnate again not only on Earth but in other parts of the galaxy. Thus, it is good to be proactive and to make sure that those souls move toward spiritual evolution and a higher understanding of the laws of cosmic consciousness.

It is hard to grasp the universe as an entity. You can understand the planet is an entity. Try to understand that the galaxy is also an entity. You even have astronomical pictures of the galaxy. It has a large bulge in the center and extended planes off each side. Therefore, the Milky Way galaxy is referred to as a spiral galaxy.

How can you envision the shape of the universe? There is no known

shape, because it is infinite. How do you visualize the shape of something that has no boundaries, that has no end? There are some peculiar properties of the universe that might add to the mystery but also to your understanding of the nature of the universe.

Earth and the Universe Share Principles

The universe is isotopic, which means it is the same everywhere. To put it another way, if you look at the laws of physics according to Newton, then those laws will work everywhere in the universe, not only on Earth. One section of the universe is the same as other sections of the universe. Galaxies have different shapes and different star systems. Some stars are closer to others in one part of the galaxy than in another. However, to understand the isotopic nature of the universe, you have to consider your perspective.

View the universe as a large balloon, and the more you expand it, the more you realize that what were individual differences and what looked like abnormal sections become insignificant as the balloon becomes larger. As you make the balloon larger, the differences between the size of the objects become insignificant.

This means it does not matter which part of the universe you live in because you are going to experience the same reality, the same laws, the same electromagnetic energy principles, and the same laws of spirituality. Perhaps it is comforting to know that no matter which part of the universe you are in, you are still subject to the same laws.

We could say that the universe is young. How many of you have ever thought of the universe as a young entity? Well, this universe is approximately 14.7 billion years old. The average universe lives 100 billion years, which means that this universe is barely an adolescent. How many people would even conceive of the universe in these terms? Evolution is an inherent trait in the cosmos, and this universe is evolving toward higher consciousness, higher balance, and higher wisdom.

You seek the knowledge of your star family, which still seems controversial in many Western minds. It is not controversial among native peoples, and there are many examples, such as the Cherokee who believe (correctly so) that they are descended from the Pleiadians. This is part of their mythology and ancient belief systems. They do not have a problem understanding that they are related to the star brothers and sisters and that the

star brothers and sisters are their ancestors.

There are other star brothers and sisters interacting with you. Of course, the Pleiadians interact with you, and some of you are well aware of lower, less evolved beings who also interact with this planet. Some of the lower beings are known as the Grays. These are fourth-dimensional beings not devoted to your evolution but rather their own evolution; they are only interested in how you can be useful to them. This is the main difference between the fifth-dimensional, higher beings and the fourth-dimensional beings. We fifth-dimensional beings are devoted to your evolution. We are here as part of the overall project of helping the evolution of the galaxy.

When you interact with other extraplanetary beings, please check to determine whether a being is of higher service. Simply ask the question: "Are you here to benefit you, or are you here to benefit me?" It will quickly become apparent whether or not they are from a higher place. Other beings working with Earth include the Sirians and the Antarians. There are other beings from planetary systems and star systems whose names are unknown to you.

Extraterrestrial Interactions Vary

This is a huge galaxy. There are approximately 200 billion stars in it. You can imagine how many planetary systems there are. We have pointed out that there are 5,000 advanced civilizations that have life on them. This is an extremely small percentage. However, 5,000 is still a large number of planetary systems with advanced life. It means that there are many different stars throughout the galaxy that potentially can have inhabitable life.

The predominant species throughout this galaxy is humanoid. Most beings in this galaxy are similar to you. They have two legs, two feet, ten fingers, ten toes, and so on. There are other examples of strange-looking creatures. Some of them look similar to insects or reptiles. Some of these "reptilians" come from higher consciousness and some from lower consciousness. The reptilians are a master race that have existed in this galaxy for many eons. They were involved in Egyptian culture. You can see depictions of reptilians on hieroglyphs on the pyramids. You see people who have human bodies but reptilian heads. Some even have heads that look like crocodiles.

The problem with the reptilians, in my opinion, is that they are often interested in how you can benefit them. The reptilians have higher intellect,

brain power, and technology, but many are not spiritually evolved and come to this planet for their personal gain. As Earth beings, you have enough problems as it is. You certainly have environmental problems, and you have problems with war and many other difficult situations as you come of age in the galaxy. Earth culture now has a high interest in extradimensional and extraterrestrial beings. But the last thing you need is to interact with extraterrestrial beings more interested in their personal gain.

Some people desire to see extraterrestrials come to Earth to help the planet as opposed to the planet helping them. Some of you have already had interactions with reptilians. There are advanced reptilians too who want to be of service to humanity. However, the majority of reptilians that have been coming to this planet have been focused on things like domination and control and using the resources, spiritual energy, and electromagnetic energy of humans for personal gain.

There are other galaxies that have human-like life forms. The Milky Way is not the only galaxy that has human forms. The most prominent and nearest galaxy is the Andromeda galaxy, often referred to as the sister galaxy of the Milky Way. It is slightly bigger than the Milky Way but comparable in many ways. Why is it called the sister galaxy rather than the brother galaxy? The predominant energy forces in the Milky Way are masculine (in general), and the predominant energies of the Andromeda galaxy are feminine.

In our estimation, there are between 8,000 and 10,000 civilizations in the Andromeda galaxy that have advanced life, meaning approximately twice as many as in the Milky Way galaxy. The Andromeda galaxy is 2.5 million light-years away, which is a phenomenal distance. Traveling there is not going to be easy. One is not going to be able to travel there using conventional methods. These two galaxies interact with each other. At some point in the distant future, the Andromeda galaxy is going to collide into the Milky Way. This is not the type of collision that you might think in which there is going to be a huge crash. There will be a merging into one big huge galaxy, but this will occur several millions of years from now. It is not something that you are going to see in your lifetime.

There are other advanced civilizations in the Andromeda galaxy. The Blue People are the most famous Andromedean beings. The Blue People have the ability to exist in thought form as opposed to incarnating into any type of physical structure or body.

In less spiritually advanced civilizations or planetary systems, your spirit

has to incarnate into a body. I am sure at some point in your soul evolution, you will find incarnation into a body to be cumbersome. Can you imagine an existence without incarnating into a body? You would only be living in a thought form. This is what the Blue People have accomplished. But remember, when you go into the fifth dimension, you gain a more refined, fifth-dimensional body form, and that fifth-dimensional body form is not subject to the laws of the third dimension.

The Universe's Great Attractor

One of the strangest phenomena in the existence of this part of the universe is the Great Attractor force. The Great Attractor is a force field 250 million light-years from the center of the Milky Way galaxy. It mysteriously has a force field of unknown origin so strong that it is pulling many galaxies to its center. No one understands where that force comes from, and no one understands why that force is being exerted or what will happen when all the galaxies are pulled in that direction.

The Great Attractor is a force field far beyond anyone's imagination. Can you imagine the kind of energy required to pull an entire galaxy, or even thirty or forty galaxies, toward its center? Even more amazing is that the mass of the Great Attractor does not equal the gravitational force it exerts. That means there is a hidden energy source pulling many galaxies in this section of the universe together toward this point. This Great Attractor will take millions of years to pull all the galaxies toward it.

What significance is this to Earth or to you? The alignment of the Galactic Center in 2012 shifted the consciousness of this planet. That alignment opened up a huge reservoir of starseed energy and starseed light, and it is our hope that this will become stronger and will contribute greatly to the repair of this planet. The Great Attractor will influence the movement toward evolution to higher light on the planet.

The Great Attractor is now coming into the consciousness of this planet. It was only discovered recently. It was not known by your civilization in earlier times. It suggests there are force fields beyond comprehension. Such forces can influence events on Earth. There are forces pulling on this planet that are still unknown. We know from astrology that there are planetary alignments of stars that influence many aspects of your existence. From our perspective, astrology reflects what cosmic forces are doing. Planetary alignments reflect

energy fields and forces coming to this planet.

The current energy forces are focused on polarizations, and now there are influences from Mars-like energy that could lead to more conflict and polarization. Jupiter has the most interaction with the Great Attractor force. Jupiter is the most important planet for interacting with the cosmos. It is in direct energetic alignment with the Great Attractor, and a great deal of healing and mystical energies are reflected in Jupiter. You can view Jupiter as the highest reflective source of cosmic attraction in your solar system.

Some people mistakenly believe that Jupiter was a star at one point because it has that much energy. This gives you an idea of the magnetic forces and energetic fields that affect Jupiter. When you think about the Great Attractor, think about Jupiter and about the magnificent hidden energies pulling on this planet and solar system. There is an overwhelming attractive force toward evolution and higher consciousness coming from the Great Attractor. You can identify it and put yourself on the positive side of this force. It is so strong that it will result in the continuing evolution of the galaxy.

Jupiter receives all higher cosmic forces coming into the solar system and is in alignment with the Great Attractor. The more you align with cosmic energies and forces, the easier life is. This has been expressed in Taoism, where it says that you must be in alignment with the universal force fields, and if you go against them, then you will have more problems. The cosmos is moving toward evolution, higher consciousness, and awareness of the living spirit.

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ALIGN WITH THE COSMIC FORCES OF JUPITER

Take three breaths now, please. Open up your crown chakra, expand it even more, and know the cosmic consciousness is there. Identify and activate that strand of energetic light connecting you to the cosmos. Everyone has that connection. Let that strand of cosmic consciousness energy expand from your crown chakra and travel with that strand of light to planet Jupiter. Remember, there’s Mercury, Venus, Earth, Mars, and Jupiter, the largest planet in the solar system and the planet that faces outward toward the galaxy and toward the Great Attractor force field. Let your strand of cosmic consciousness light interact with Jupiter and with these cosmic universal force fields.

Go into silence. As you travel from Jupiter toward the Great Attractor, you pass through the sister galaxy, the Andromeda galaxy. As you travel through the Andromeda galaxy, be open to meeting and interacting with any galactic or ascended masters you feel in alignment with or who are there to assist you. [Tones]: "Oh, oh." Feel the Great Attractor force field pull you toward higher evolution, higher consciousness, and higher cosmic awareness of the cosmos as a living universe. [Tones]: "Oh, oh."

Feel the great support energetically and electromagnetically from the planet Jupiter, for if it were not for Jupiter, this solar system would fall apart. Jupiter also holds the interdimensional corridor, which is the access point to other corridors throughout the galaxy. You can use the Jupiter corridor to travel interdimensionally.

Continue to connect and feel the power of Jupiter's electromagnetic light force activating your consciousness toward galactic and cosmic awareness. Remain in silence for a few more minutes.

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You can maintain a beautiful connection with the Great Attractor through Jupiter, and this attractive force energy you connect with will help you to maintain a positive pull toward higher evolution in your personal life and in all that you do. It is a great gift to be able to participate in that pull continually toward higher evolution.

Galactic Travel Happens in the Now

The most important aspect in galactic travel is that you want to be in the now. This might be possible on Earth, but imagine that there is another planet in the Pleiades star system. That planet is known as Era. The Pleiades are 430 light-years away, and when you look at that planet from Earth, you see it as it was 430 years ago. Planets in the Andromedean galaxy are 2.5 million years away, which means that from Earth you can observe them the way the planet existed 2.5 million years ago. You could see already that is a problem, because 2.5 million years ago, Earth and humanity were not at all developed civilizations. The human life form probably did not exist at that time. *Homo*

sapiens have only been around for less than a million years.

There has to be a way to interact and travel to a planet in the now, and you would need to access an interdimensional corridor and travel through space in a different way. You would need to overcome the space-time continuum. The most important understanding of space travel in the galaxy is that there are interdimensional corridors (sometimes referred to as wormholes). The main wormhole, or interdimensional corridor, in this solar system is called the Jupiter corridor, and when you travel in such corridors, you can accelerate your thought field and space-time to travel in the now to other parts of the galaxy.

This type of space travel is based on thought forms and electromagnetic shifting. We, the Arcturians, use an antigravity force field that accelerates us to a point where we can travel through the interdimensional corridors using electromagnetic frequency shifting. Being able to use this technique helps us to stay in the now and experience other planetary systems in this moment.

Time is not relative; it is fixed when you travel in an interdimensional corridor. The discovery of interdimensional corridors and how to travel through them will be among the greatest discoveries ever made on Earth.

It's Time for Spiritual Advancement

The current Earth's civilization that you are a part of is around 6,000 years old. There have been other civilizations on this planet before you, including the Atlanteans. This civilization has developed advanced computer and propulsion technology. Think for a moment: If your civilization is 6,000 years old, can you imagine a continual civilization that has existed for a million years? Humankind's technological accomplishments over the past 6,000 years are amazing. Unfortunately, humanity's spiritual accomplishments over these years have not been as advanced.

Why is there so much war on this technologically advanced planet? One answer is that the technology that has been developed in this short time has far surpassed the evolution of consciousness. Most people on this planet still live in their animal selves. When you have people living in lower consciousness with the animal self, they will misuse superpowers of high technology. This imbalance between technology and spirituality is the source of the discord on the planet. Human nature has not changed recently. Humanity has just developed higher technology to use for people who are of

lower consciousness.

The great news is that there is a move now toward higher consciousness. Higher consciousness and spiritual evolution can counterbalance misused technology. Consider what you have accomplished in 6,000 years, and then imagine a civilization that has existed for 1 million years instead of 6,000 years. You could not comprehend the technology that such advanced civilizations would be using and the spiritual advancements that they would develop.

One of the reasons higher civilizations do not directly interact with humanity is that they are far advanced over your level of development. They might view you the way you would view ants. How would you interact with an ant? Maybe you would visit the colony and put honey somewhere. A superadvanced civilization would have to figure out ways that they could communicate with you that you would understand and that you would also find useful. There are other galactic civilizations that are not 1 million years old. For example, some advanced civilizations in our galaxy might be only 30,000 or 40,000 years old.

This gives you an idea of some of the different levels of advancement occurring in this galaxy and throughout other galaxies. Think for a moment about cosmic consciousness and the awareness that the Great Attractor Force is bringing together thirty, forty, or fifty galaxies. This is only a small portion of the overall size of the infinite universe. A multiverse exists. I love you all.

Conclusion

Soul Psychology for Starseed Counselors

Vywamus

David: I realize that two types of people will be interested in this chapter: Those who want to learn how to be soul psychologists and those who are interested in their personal development. To be a soul-psychology practitioner requires that you have certain counseling skills, such as interviewing and an understanding of the human personality. You also need the ability to recognize mental illness, as this approach is not appropriate for people with major mental illness, such as schizoid personality or schizophrenia.

In the United States, only licensed psychologists with PhDs are allowed to call themselves psychologists, so instead of saying, “I am a soul psychologist,” it is better to say, “I practice soul psychology.” I am a clinical social worker, and I say, “I am a clinical social worker practicing (or using) soul psychology.” If you are not a PhD psychologist, then be careful using that word.

In addition to my background as a clinical social worker, I have channeled and researched starseed energy for many years. I have integrated a special soul-psychology approach with my normal clinical interviewing techniques. This is an unconventional approach, because some soul-psychology techniques include past-life therapy, reincarnation therapy, talking to spirit guides, life-between-lives therapy, and other approaches that require trance work to access this material in the client’s memory.

Becoming a practitioner of starseed soul psychology would include training in past-life therapy, life-between-lives therapy, putting clients in a trance, and channeling for clients, including channeling their guides. In this special technique I have developed, I do a regular interview with my client and then channel the person's guides or my guides.

From my perspective, soul psychology is for starseeds — people who are aware of reincarnation on other planets besides Earth. Starseeds have unique spirituality. They are involved in ascension and the fifth dimension, and they use ascension, spirit guides, and ascended masters. Starseeds work with higher-dimensional beings and with beings who are sometimes called extradimensional or extraterrestrial. Starseeds believe in and use what I call galactic spirituality, a term I developed that encompasses spirituality based on the fact that other planetary civilizations exist besides ours and that energies throughout the galaxy must be incorporated into our spirituality. These energies include traveling interdimensionally.

Starseeds and practitioners of soul psychology are interested in Sacred Triangle energy, which is involved in mysticism, Native American teachings, shamanism, and galactic spirituality. Starseeds are interested in the concept of the soul mission.

Importance of Spirituality in Psychology

When counseling people, you must be willing to talk about spirituality. That might seem obvious, because you are already a starseed. But discussing spirituality is not generally accepted in modern psychotherapy and psychology, which are cognitively based on the "here and now" and not, as one of my trainers said, on the "there and then" (the "there and then" being the past and in this lifetime). Modern psychology, on many levels, has closed the door on spirituality as a tool for psychological healing.

How do you protect yourself and your soul mission, and how do you use soul psychology and spirituality to strengthen your immune system? You might find it strange that I am including the immune system as part of soul psychology, but some research shows that people who have strong spiritual commitments, have spiritual backgrounds, and believe in spiritual missions have stronger immune systems than people who do not. People with negative spiritual beliefs, such as "There is no God," "There is no Creator," or "We are all being punished for being bad people," have weaker immune systems.

As soul-psychology practitioners, we need to spiritually assess our clients. Juliano and the Arcturians call this spiritual assessment "evaluating the client's spiritual light quotient (SLQ)." The spiritual assessment includes such questions as:

- Do you believe in the fifth dimension?
- Do you believe in spirituality?
- Do you believe in spirit guides?
- Do you believe that you can communicate with spirit guides?
- Do you believe in past lives?
- Are you open to past-life therapy or life-between-lives therapy?"

Your spiritual beliefs, in part, make up your worldview, and those beliefs can influence how well you function in society, and they can determine how well you function psychologically. Soul-psychology practitioners believe that spirituality includes your personal connection to the universe, sometimes called cosmic consciousness. Starseeds are interested in galactic consciousness, and that is a big part of our Arcturian work, but cosmic consciousness expands on that and includes an awareness of the universe.

A religion is an organized community of faith with written doctrines and codes of behavior, such as the Bible. Spirituality does not necessarily have written doctrines or codes. You can be spiritual but not be religious. In the same way, you can be religious but not be spiritual. Here, we just talk about spirituality. Those who are spiritual believe in something greater than themselves: the transcendent self or transcendent energy. In my experience, practitioners of soul psychology are interested in and focus on spirituality.

The word "spirituality" comes from the Latin root *spiritus*, meaning "breath of life." In Hebrew and in the Kabbalah, there are several words for spirit or soul including *Ruach*, *Neshamah*, and *Nefesh*, but only *Ruach*, which means "spirit," also means "breath." In the Kabbalah, the soul is divided into three parts, and in some advanced Kabbalah teachings, the soul is divided into five parts. To make things simple, I am only talking about the three parts: *Ruach* (the lower self), *Neshamah* (the middle self), and *Nefesh* (the higher self). The lower self, which some people call the "animal self," is called the "lower soul" in the Kabbalah. The middle soul is loosely defined as the part that is socially minded and tries to do good in the world. The higher self, which most people never contact, is where you connect with the

transcendent self, the Divine, and cosmic consciousness or galactic consciousness. In soul psychology, we want to help the client connect with their higher self.

In soul psychology, "spiritual" implies that all people are connected to something greater than themselves and all have spiritual journeys to complete. As part of this journey, we look at problems going on in the client's life or in our lives. In fact, this lifetime is just one part of the journey, as we continue the journey after we leave this life. We want to ascend. Our journey includes going directly to the fifth dimension. As practitioners of fifth-dimensional soul psychology, we look at our lifetimes here as lessons; we are here on Earth to resolve life lessons. When we complete all our lessons, we can graduate and go on to the fifth dimension. This approach is unique to fifth-dimensional soul psychology.

Karma and New Age Spirituality

Soul-psychology practitioners are very interested in karma. Karma is a spiritual principle in Hinduism that says we operate in the world of cause and effect and that people's circumstances (or events happening on Earth) are related to past lives and actions. But it is not really clear to us what these past actions are. You might ask, "Where did all the souls go? If there have never been this many souls before, how could there be so many souls now on Earth?" I saw a TV program that said souls inhabit multiple bodies now, so multiple aspects of the soul can be in different bodies at the same time. I am not sure I believe that, but it is an interesting idea.

You continue your cycle in karma — life, death, and rebirth — until you reach a point where you transcend all your karma on Earth and graduate. In the Hindu concept of karma, which I think applies to fifth-dimensional soul psychology, you seek to be released from the third dimension, from your fears and attachments. That is called *Saṁsāra*, or enlightenment or transmigration. You are then able to leave this body and go to another level. In New Age thinking and in fifth-dimensional soul psychology, this is similar to ascension.

Certain principles can be used to define New Age spirituality, and I will go over a few of them because I think they apply to our work with the Arcturians. In New Age spirituality, people want a society that unites science and religion and hopefully creates a just society. New Age spirituality and

soul psychology advocate holistic healing methods, which include working with the aura, energy work, vibrational medicine, past-life therapy, and in-between-lives therapy. New Age spirituality and soul psychology also embrace a wide array of traditional and nontraditional spiritual beliefs and practices, such as meditation, channeling, chanting, planetary healing, and aura work. Both New Age spirituality and soul psychology accept the existence of universal energy or universal light and that this universal energy and light permeate all existence. Both believe that healing can occur when an individual connects with this universal energy. In Taoism, this universal energy is called *chi* (or *qi*); in Yoga, it is called *prana*; and in Japanese philosophy, it is called *ki*. Universal healing energy exists in all three cultures, and many healing practitioners use *chi* energy, the life force energy.

You can come to this lifetime to heal your soul. In the higher realms, the highest part of your soul is perfect, but there are different levels of your soul, including the lower soul that has imperfections. In fifth-dimensional soul psychology, we believe that in order to heal your lower soul you have to come into the third dimension. One reason is because the third dimension has free will, and in a dimension with free will, you can make choices. The Kabbalah refers to people having two choices: *yetzer hara* (an inclination toward evil) and *yetzer hatov* (an inclination toward good). We all have both sides within us, and we have to choose the good for soul growth and soul healing.

Soul-psychology practitioners try to help their clients raise their spiritual light quotients. This is interesting, because traditional psychology has the intelligence quotient (IQ), which declines as people age. Even Albert Einstein, when he got older, was not as sharp as he was at a younger age. In fact, Einstein did his greatest work, such as creating his theory of relativity, when he was in his twenties. Of course, he later modified and improved on his work, but he never made comparable discoveries. In fact, his biographer called the year Einstein made most of his discoveries and theories his "miracle year." Three of his papers transformed modern physics.

Unlike your IQ, your spiritual knowledge and sensitivities increase as you age. This does not apply to everyone, because some people are frozen and do not expand spiritually. But if you are spiritually open, fifth-dimensional soul psychology can help you improve and increase your soul-spiritual light quotient. Soul psychology recommends certain activities to improve your spiritual light quotient, including vibrational-frequency exercises (such as the

Arcturians do), vibrational medicine, aura work, working with crystals, being around higher channeling, and going to sacred places.

Soul Psychology Concepts and Principles

A concept in soul psychology asserts that we all have to be healed, because if we did not need to be healed, we would not be here on Earth. Therefore, everyone has work to do. That said, I want to give you a concept found in the Kabbalah about the three types of people (which I will loosely translate).

Some people on this planet are in lower consciousness and, unfortunately, will not change. There are what I call the saints. These are the ascended masters, the people who are really saints, such as Mother Mary, the Dalai Lama, and Mahatma Gandhi. These people are in total goodness, and they are here to serve the planet. Then we have the third type, which I call the in-betweeners — you and me. We seek to be saints and ascended masters, but we acknowledge that we have faults and evil inclinations and that we are trying to better ourselves and ascend. Lower-consciousness people will not ascend, higher-consciousness people — the saints and ascended masters here on Earth — will of course go back to the fifth dimension, and we in-betweeners seek ways to raise our spiritual level.

Another important concept in soul psychology is that we come into this life for spiritual fulfilment. Spirituality is very personal, and soul psychology asserts that exploring your spiritual life can be healing. In fact, one of the most important things you can do for your healing is to explore your spirituality. As a soul psychologist, you do a spiritual assessment to discover your clients' worldview and which spiritual issues are important to them.

In the current world situation, it is easy to be depressed, especially if you do not have a spiritual worldview. More than anything right now, a spiritual assessment, spiritual energy, and the spiritual in general are extremely important to help us cope. For example, were you in this kind of situation in a previous incarnation? Some of you were on other planets that were destroyed. Some of you were in Atlantis when they destroyed themselves.

What is going on now might seem very familiar to you. Do you feel you want to leave the planet? Do you think about dying and being off the planet? Of course, everyone would love to ascend immediately, but you would not be here if you did not need some kind of Earth experience. Are your spiritual

values and spiritual beliefs helping you weather this planetary crisis? That is a really important question.

Talking about soul psychology and depression, we come to a very difficult principle, but I have to mention it. Can you accept the statement “All is as it should be”? In the Kabbalah and mysticism, we talk about the concept of the ten floors. The first floor is where we are in the third dimension where everything looks polarized and things seem to be falling apart. You might exclaim, “We are in the middle of a crisis — the sixth mass extinction! This is very depressing. Get me out of here!” But when you go to a higher level, such as the tenth floor, you say, “All is as it should be.”

How can that be? I cannot begin to explain why this is true, but “All is as it should be” is also one of the principles in soul psychology. There might be karma we do not understand. There might be reasons for all this that are beyond our understanding. Some mystical texts say we cannot understand as much as we want to on this planet from the third-dimensional perspective.

The Skills and Purpose of Being a Soul Psychologist

This section is particularly for those of you who are interested in being soul-psychology practitioners. You need to have a certain level of competency as a regular counselor, including

- interview skills
- empathy
- understanding personality theories
- understanding personality structures
- understanding dream interpretation
- understanding the idea of the akashic records and how it contains everyone’s soul history
- understanding the concept of subpersonalities
- understanding the history of the planet

That is a lot. It also helps to have an understanding of religions and their histories. It’s not that you want to side with one religion over another. For example, as a channel I want to work with Quan Yin, Sananda, Archangel Michael, and Chief White Eagle. I want to work with different religious

figures who have ascended. One of the competencies for being a soul-psychology practitioner is understanding the differences and similarities between various spiritual and religious approaches and, if possible, understanding the basic belief systems of world religions and spiritual systems. That is a big task.

World religions include Islam, which has some wonderful, mystical parts, including Sufism, one of the highest spiritual systems I have ever encountered. When my wife, Gudrun, and I were in Turkey, we saw the dervishes who whirl around for about an hour. Most of us would get dizzy and collapse after thirty seconds. They believe that they whirl in the shape of the galaxy and reach a certain point where they unify themselves with Oneness.

Techniques you can use as a soul-psychology practitioner include

- spiritual journaling
- mindfulness exercises
- meditation and guided meditations
- prayer
- trance work
- altered states of consciousness

Helping people go into altered states of consciousness is one of the most important abilities of a soul-psychology practitioner, because the world does not connect altered states with soul work but as a more third-dimensional concept.

I am going to summarize some of the main points again because I think they are very important. As a soul psychology practitioner, you work with your clients to discover and understand their soul mission. This might sound simplistic, but some people do not even believe they have souls, and you have to help them become aware that their souls exist and that they incarnated on Earth to learn soul lessons. You help people identify their soul lessons to complete their soul journeys.

Practitioner Techniques

Why does regular psychotherapy sometimes not work? The answer is very simple: It does not consider your soul history and soul work. This is a good

time to introduce the subject of repetition compulsion. The theory of repetition compulsion was originally developed by German psychologist Alice Miller to explain how people repeat childhood traumas or reproduce a traumatic situation to try to resolve it. A simple example is a person who lived in a family in which there was physical or emotional abuse. They grow up and marry or get involved in a relationship with someone who is emotionally or physically abusive.

According to Miller's theory, you are attracted to and re-create situations to help heal yourself. In past-life therapy, we sometimes say that you were not able to heal yourself in a past lifetime, so you re-create the same situation in this lifetime to fix or resolve it. This is especially relevant when you look at why you have your particular parents, for example. You might have wanted to get into a situation in which you could repeat a previous problem so that you could heal yourself. Normal psychology does not look at a client's past lives.

One technique we use in soul psychology is channeling. The therapist channels for the client, perhaps channeling the client's guides and teachers. This is sometimes called a psychic reading. We can help clients connect with their guides and teachers. We also do past-life-therapy work and trance work. Vywamus, the soul psychologist I channel, and I use the pie technique. We look at the client's lifetimes — perhaps fifty — as if they are slices of a pie. During one lifetime, the client might have been a warrior. In another lifetime, she was a musician. Perhaps during another lifetime, she was a farmer. We try to unify the lifetimes — the slices — so that they all become part of the self.

Your spiritual work and soul work can very positively affect your self-esteem and help you recover from any mental illness, including depression or anxiety.

In conclusion, spirituality and soul psychology can be integrated into a counseling approach for healing. In my research for this chapter, I learned that, according to a Pew Research study, 89 percent of Americans believe in a higher power [https://www.pewforum.org/2018/04/25/when-americans-say-they-believe-in-god-what-do-they-mean/]. However, only 56 percent believe in the Judeo-Christian concept of God, and the remaining 33 percent believe in another type of higher power, such as universal consciousness. That is quite a bit.

Repeating the Past

Do we have a propensity to continue past lives from other parts of the planet with this body? For example, say you see someone from a past life you had a love relationship with and you want to continue those feelings now even though it might not be appropriate to have that kind of relationship now.

Yes, you often repeat unresolved relationships from past lives. You could have known a person from a past life that you are now close to, but you might have to learn to set boundaries, act differently toward this person, or say, "No, I will not stay in this relationship." This fits into repetition compulsion in that you might have unresolved relationships from a previous lifetime, and now in this lifetime, you still feel the soul connection but need to act differently. You might have to protect yourself.

Can I resolve the karma in my current life with incarnations on other planets?

Yes, very definitely. Some of you were on other planets that were destroyed or had problems, but some of you have also come here to be healers and use the skills you learned there. Maybe you learned the skills but did not provide them, and now you are learning how to do that.

What else can I do to be a soul psychologist? Where can I get training?

Gudrun and I are the only people I know who provide soul psychology training. If you know of others, please let me know. Remember, you first need to have basic interviewing and counseling skills. It is also important to have an understanding of repetition compulsion, cosmic karma, group souls, twin flames, planetary incarnations, transpersonal psychology, and defense structures and resistance. Other good knowledge areas include body-mind psychology and how the body stores memories (even though your memories are stored in your subconscious), akashic records, the multidimensional self, ascension, altered states of consciousness, galactic anthropology, and how to help your clients connect with their guides.

We speak of the future and the past self, but I went into more than one future self. Why do I need to do this?

You are in the third dimension, and there is a future self. Soul psychology is interested in the future self, but you are doing third-dimensional work that is very helpful.

Higher-Level Expansion

Vywamus: The fact that you are reading these words means that you are interested in your spiritual and soul development. It could be that in other lifetimes you did not have this freedom to study your soul and do soul-development work. Some of you were trapped in spiritual or even religious groups in which you were controlled and did not have the freedom to explore your spirituality.

One of the great assets you now have is the freedom to explore your soul. I have to emphasize this: You have the freedom to explore your soul development. What a wonderful gift! What can I, as a soul psychologist, recommend to help you learn your soul lessons, overcome repetition compulsion, overcome difficult relationships, raise your spiritual light quotient, and have positive beliefs in this short time? (By the way, I can use the term "soul psychologist" because I am on the fifth dimension and I do not have to conform to third-dimensional restrictions.)

Not to worry, the most important thing you can do is to seek out transcendent experiences, which you can do by going to sacred places, such as through the twelve etheric crystals. Some of you, for better or worse, might have used certain drugs, such as ayahuasca, to help transcend your ego. You can create a transcendent experience through meditation. One of the best ways to have a transcendent experience is by connecting with the ascended masters through your channeling or another person's channeling, as the spiritual law of vibrational healing states that being in contact with a higher spiritual energy raises your energy to that level. Or you can go higher.

Earlier, David spoke about the different floors, from the first up to the tenth. Looking from the tenth floor, everything appears as it should be, meaning you have the perspective of all your past lives. If you could see all your past lives, or at least the lives that are most relevant to you now, you would understand why you are in this situation, why you have this problem, why you are in this difficult relationship, or why you feel stuck. You would understand there is a way to resolve the blockage or conflict you are in.

The best way to do that is to look for experiences that expand your consciousness. This is what the Group of Forty is about; it is what the idea of the Arcturians is about. It is what ascension is about. You want to go to the higher level, to the higher self. From this higher-self perspective, you develop a loving acceptance of who you are and what is in this current situation. Starting with that as a foundation is one of the most powerful healings.

Many Opportunities for Spiritual Growth

A tremendous number of healers are active on this planet. You have often heard Juliano say that many spiritual people are here, more than at any other time on the planet. But even if there are 1 million or 2 million high spiritual beings, statistically that is less than 1 percent of the world's population. Nonetheless, seek out healers who can help you, and do not fall into the trap of believing "I have to heal myself."

During this time of the twenty-first century, tremendous progress has been made in spiritual healing, psychological healing, mind-body healing, trance work, past-life therapy, and other modalities. Much is available to you. It is not a weakness to seek out help, especially at this critical moment on this planet when the situation and crises seem overwhelming. Understanding and knowledge go a long way toward healing, but the most important part of healing is openness to higher realms, higher guidance, wisdom, understanding, and intuition.

Judgment and blame are basic concepts, but it is very easy to blame and punish yourself. When you say, "Well, I am being punished for what I did in my past life," that is not healing. This is a healing thought: "I have the tools, the belief system, and the help I need to grow and expand." That is much better than seeking out punishment. If healers try to convince you that you are bad and being punished or are judgmental toward you, run away from them as fast as you can. Healing is not about punishment; it is about love and acceptance of the self and appreciating this wonderful opportunity even in the face of the planetary crisis. It is about the wonderful opportunity you have to understand yourself and to help others.

Let me conclude by saying that service to others is one of the purest ways to burn off karma. You might think that you have done many bad things, that you will never be able to complete all your soul lessons in this lifetime, and that you will have to come back. You might also think, "Who wants to come back? Look how bad the planet is now. If this continues, can you imagine what it will be like in twenty years?"

Using the channel as an example, in his past life, he was a warrior. (We will not go into what he did as a warrior, but you can image.) In this lifetime, he worked fifteen years at a veteran's hospital serving veterans and helping

them at various levels. This was a successful way to burn off karma. Think about what you are doing now. Perhaps you are helping and serving others, even family members, children or grandchildren, stepchildren, and so on. You might be doing some karmic service. It can be difficult, but try to look at it from the bigger picture.

You have wonderful opportunities now to progress in your soul work. I send you my love and blessings from the fifth dimension. May you be blessed with higher wisdom, understanding, and knowledge of your higher self.

Glossary

Adam Kadmon — The Hebrew term for primordial, or first. It is the prototype for the first being to emerge after the beginning of creation.

Adam species — A term used by the Arcturians to describe *Homo sapiens,* or Earth humans. Man (Adam) is formed from the earth.

Adonai — A word for God in the Hebrew Bible that means "My Lord." It is also the galactic word for God.

Adonai Tzevaoth — Hebrew for "lord of hosts." See *Kadosh, Kadosh, Kadosh*.

altered states of consciousness — A term in modern psychology used to describe different states of consciousness. This includes the dream state, trances, meditation, and heightened perceptions of reality. The latter state is usually described as being able to see ultimate truth and experience the present more fully. In the 1960s, the term was also used to describe drug-induced changes in consciousness.

Andromeda — A large spiral galaxy 2.2 million light-years from the Milky Way. The Andromeda galaxy is the largest member of our galactic cluster. It is commonly referred to as our sister galaxy.

Andromedans — An advanced, higher-dimensional race of beings from the Andromeda galaxy. A specific group of Andromedans is currently working with the Arcturians in their effort to facilitate Earth's ascension process.

Annunaki — A group of alien deities from a distant star system that appear in ancient Sumerian and Babylonian mythology. Some ancient-alien theorists, such as Zecharia Sitchin and Erich von Däniken, believe the Annunaki helped to seed the human race in some way during their encounters with humanity.

arcan — An Arcturian term used to describe the energetic power of thought forms. It is compared to watts. The higher the wattage in a light bulb, the brighter the light. Likewise, the higher the arcan power of a thought, the greater effect it can have on this reality.

archangel — The highest rank of angels in the angelic hierarchy. The Kabbalah cites ten archangels. They are considered messengers bearing divine decrees.

Arcturians — An advanced race of beings living in the fifth dimension in the area of the star Arcturus.

Arcturian Planetary Tree of Life — The updated version of the Kabbalistic Tree of Life. The Arcturians have modified the ten-sphere Kabbalistic Tree of Life, expanding it to twelve spheres and assigning updated spirit guides (Sananda, Chief White Eagle, Quan Yin, etc.) to each sphere instead of using biblical matriarchs and patriarchs (e.g., Jacob, Moses, Aaron, King David, and so on). The Arcturians have described in more detail how the Arcturian Planetary Tree of Life can be interpreted and used for planetary healing. Therefore, twelve geographical locations around the planet have been assigned to hold the specific energy of the spheres.

Arcturus — The brightest star in the constellation Boötes, also known as the Herdsman. This is one of the oldest recorded constellations. Arcturus is the fourth brightest star seen from Earth. It is about twenty-five times the diameter of the Sun and a hundred times as luminous. It is a relatively close neighbor, approximately forty light-years from Earth. High up in the sky in the late spring and early summer, Arcturus is the first star you see after sunset. You can find Arcturus easily if you follow the Big Dipper's handle away from the bowl.

ascended masters — Teachers who have graduated from Earth or are on higher dimensions. An ascended master can be from any Earth religion, including the Native American traditions. Ascended masters can include archangels, higher beings from the galactic world, teachers, and prophets. They often come back to Earth to teach us from the higher realms.

ascension — A point of transformation reached through the integration of the physical, emotional, mental, and spiritual selves. Unifying the bodies allows you to transcend the limits of the third dimension and move into a higher realm. It has been compared to the rapture in Christian theology. It has also been defined as a spiritual acceleration of consciousness that allows the soul to return to the higher realms, freeing it from the cycle of karma and rebirth.

Ashtar — The commander of a group of spiritual beings who are dedicated to helping Earth ascend. The beings that Ashtar oversees exist primarily in the fifth dimension and come from many different extraterrestrial civilizations.

assemblage point — In shamanism, this is a point on the body behind the head or shoulders that when pushed or pressed can open people to higher perception. (See "reticular activating system.")

astral plane — The nonphysical level of reality considered to be where most humans go when they die. It is also the dimension between the third and fifth dimensions. There are many different levels on the astral plane, including the lower plane where ghosts and lower beings reside.

aura attachments — Connections that occur when people or entities etherically attach to your energy field to take your energy.

Baruch Hu — The Hebrew transliteration for "blessed are you," referring to the Creator.

bilocate — The ability to be in two places at the same time. One can be physically in a body and mentally or spiritually in another dimension simultaneously.

biorelativity — Encompasses the use of mental telepathy and thought processes to interact with Earth and the spirit of Earth. Downloading energy through corridors can be viewed as an acceleration of biorelativity. When you connect in a group consciousness in a biorelativity exercise, you created a powerful interactive force.

We can use biorelativity techniques to send healing energy to our planet. The practice is similar to group prayers in which people send positive thoughts to change the outcome of an illness. In biorelativity exercises, groups of starseeds around the planet send healing thoughts to specific areas in the world. Storms, hurricanes, and even earthquakes can be averted, deterred, or reduced so that minimal damage is inflicted. The Arcturians point out that on higher planetary systems, groups constantly interact telepathically with their planet to ensure maximum harmony between inhabitants and planetary forces.

biosphere — A term used to describe Earth's entire environment, including the oceans, atmosphere, and other necessary ingredients that keep and support all life.

B'nai Elohim — The children of light. Hebrew for "sons," or "brotherhood of the Elohim." A term used to describe advanced ascended beings who may go on to other planetary systems in the galaxy to become prophets and spiritual guides for these planets.

Brotherhood-Sisterhood of Light — A spiritual hierarchy of ascended masters residing in the fifth dimension. "White" is not used here as a racial term. It refers to the white light, or higher frequency, that these masters have attained. The masters include Sananda, Kuthumi, Mother Mary, Quan Yin, Sanat Kumara, Archangel Michael, Saint Germain, and many other ascended beings.

calibration, spiritual — Refers to the alignment of energies from the higher sources. Spiritual energies need to be calibrated or modified so that lower energies on Earth can accept and process that higher energy. The inability to calibrate or receive light that is high can result in confusion and even disorientation. In some cases, people could even be overcome and perhaps faint. It is important, then, to look at how your ability to receive energy is doing, and it is important for the masters to calibrate the energy that comes down so that you can process and use it.

Central Sun — The center of a galactic system. All star clusters, nebulae, and galaxies contain a nucleus at their center. The Central Sun of the Milky Way is multidimensional and provides life-giving spiritual energy

to the entire galaxy. The center of our galaxy is often referred to in spiritual circles as the Central Sun.

chakras — Energy centers of the human body. These centers provide the integration and transfer of energy between the spiritual, mental, emotional, and biological systems of the human body.

channeling, trance — A type of self-hypnosis channelers use to attain an altered state of consciousness. There is light trance and deep trance. In deep trance, such as that experienced by the famous channeler Edgar Cayce, the channeler is almost in a somnambulant or sleep state. In light trance, the channeler brings through messages while awake.

Chief Buffalo Heart — An ascended fifth-dimensional Native American guide who focuses on using heart energy to help people to ascend.

Chief White Eagle — An Ascended fifth-dimensional Native American guide who is very connected to Jesus and other higher fifth-dimensional beings.

Chi-Lel — A Chi Gong healing energy work based on a multicosmic thought field. The practitioner of Chi-Lel does Taoist postures while connecting with cosmic group energy to create and maintain a healing group thought field.

codes of ascension — There are certain words in the sacred texts that can be said as mantras to open up the parts of our minds to accelerate and activate our ascension energies. One such sacred phrase is “holy, holy, holy is the lord of hosts” (*Kadosh, Kadosh, Kadosh, Adonai Tzevaoth*).

Connecting with the Arcturians — The first book by David K. Miller that discusses the ascension process and what it means. It explains Earth’s relationships with known extraterrestrial groups and what they are doing to help Earth and her people in this crucial galactic time.

corridor — A pathway or etheric tunnel on Earth that leads to a higher dimension. Corridors can be found in high-energy places, such as sacred sites on Earth. The Arcturians believe that we can establish corridors

within our meditation areas.

cosmic cross — An Arcturian paradigm for planetary healing in which four powerful spiritual and energetic points are connected. These four points include the core of Earth, the ring of ascension, the Arcturian crystal lake, and the Central Sun. Visually, these connections appear as a cross. Visualizing the cross helps improve the healing thought powers of the meditator.

cosmic egg — The optimal shape of your aura for health benefits. When the aura is in the shape of an egg, you can express maximum energetic possibilities. The egg is a universal shape of wholeness.

cosmic karma — The idea that karma is played out not only with reincarnation on Earth but on other planets in the galaxy or even on other parts of the universe (cosmos).

crystal temple/crystal lake — An etheric temple in the fifth dimension that has been made available for our use. The crystal temple contains a lake more than one mile in diameter that houses a huge crystal that is half the size of the lake itself. A huge glass dome encompasses the lake and the surrounding area, allowing visitors to view the stars.

dead zone — an area of water in which all oxygen has been depleted and no life can exist. Fertilizers and other chemicals are common culprits that contribute to dead zones.

Earth paradigm — Our current Earth paradigm is based on dualism and polarization. Even spiritual models include male and female dualities. Dualism is part of the group model, group paradigm, and planetary paradigm. When you are using the planetary paradigm of the current era, you run into many contradictions, such as thinking you are deeply separated from the cosmos even though everything is part of the same universal system. You run into the contradiction that you are a spiritual being with eternal life living on a planet as a finite being in linear time. The Arcturians have developed a new paradigm for planetary healing that, if accepted and used, would be transformative.

Eh'yeh — In Hebrew, the supreme name of God. This is the name for God given to Moses in Genesis 3:14.

Ehyeh, Asher, Ehyeh — "I Am That I Am," expanded to include "I Will Be That I Will Be," and "I Have Been What I Have Been."

El na refa na la — A special healing Kabbalistic chant and prayer. It means, "Please, God, heal her now!" Its rhythm creates a healing vibration.

Elohim — The Hebrew name that describes the Creator in Genesis 1.

etheric — A term used to designate the higher bodies in the human system. In India, "etheric" is used to describe the unseen energy and thoughts of humans.

etheric crystals — Invisible crystals containing fifth-dimensional energy that the Arcturians sent to Earth. The purpose of these etheric crystals is to provide healing energies to Earth's meridians. See "twelve etheric crystals."

fifth dimension — A higher dimension of existence that is above the first and third dimensions. We currently live on the third dimension and are bound by the laws of cause and effect and reincarnation. The fourth dimension is the astral realm and the realm of dreams. The fifth dimension transcends this and is the realm of infinite energy and love that can be compared to the Garden of Eden. The ascension focuses on going to the fifth dimension.

first contact — Refers to extraterrestrial beings contacting Earth. The Arcturians refer to first contact as happening on a global level. In ancient history, extraterrestrials contacted groups; however, the first contact we refer to would result in a major reset of Earth's functioning because it would occur globally.

galactic anthropologists — Starseeds who have been on other planetary systems in other incarnations. These starseeds have studied other galactic civilizations and planets and have participated in other societies such as in the Pleiades.

Galactic Kachina — In Native American Hopi and Navajo folklore, a kachina is an intermediary between the higher spirit world and this world. The Galactic Kachina is the intermediary between the Central Sun and this planet. The existence of this new Kachina was announced by Juliano, and as far as the author knows, it has not yet been accepted by the Navajo or Hopi.

galactic spirituality — A spiritual philosophy or theory that accepts the existence of other higher beings throughout our galaxy and takes a galactic view in understanding our planetary evolution.

grid lines — Another name for energy lines that run through the planet. In Chinese medicine, energy lines that run through the body are called "meridians."

Group of Forty — A concept of group consciousness suggested by the Arcturians for use in the group ascension process. According to the Arcturians, forty is a spiritually powerful number. The Arcturians emphasize the value and power of joining together in groups. A Group of Forty consists of forty members located throughout the world who focus on meditating together at a given time each month. Group interactions and yearly physical meetings are recommended. Members agree to assist each other in spiritual development. The Arcturians have asked that forty Groups of Forty be organized. These groups will assist in the healing of Earth and provide a foundation for each member's ascension.

harmonic light — Fifth-dimensional light often appearing as gold balls of etheric energy. This light can be transmitted through the noosphere and can spread the energy of balance and harmony wherever it is directed. Starseeds can direct it around the planet through their thoughts and prayers.

Helio-ah — A female Arcturian ascended master and Juliano's twin flame.

holes in the aura — The healthy aura is shaped as an egg and is smooth. Holes in the aura are small openings from which a person's vital energy can leak. There are several healing methods that can be used to close such holes.

holography work — In fifth-dimensional work, the ability to access all universal energy from any spot in the universe. Holographic healing is based on the assumption that we can access our greater selves through holographic energy.

Homo omega — The highest evolutionary and perfected point of humanity, or the highest prototype of the Adam species. The Arcturians refer to *Homo omega* as the next stage of evolution of humanity after *Homo sapiens*.

hundredth monkey effect — A phenomenon based on a Japanese snow monkey study in which a new behavior or idea can spread rapidly by unexplained means from one group to all related groups once a critical number of beings exhibit the new behavior or acknowledge the new idea. In this study, scientists concluded that a small number of monkeys who had a new perception and learned new tools and techniques could dramatically and almost mystically change the behavior of all other monkeys in their cultural group.

Iskalia mirror — A fifth-dimensional etheric mirror placed above the North Pole by the Arcturians. The purpose of this mirror is to help focus higher light from the Central Sun and to direct that light to Earth for transforming Earth into a fifth-dimensional planet.

Juliano — The main Arcturian guide and ascended master working to help activate Earth and Arcturian starseeds toward ascension.

Jupiter corridor — An interdimensional corridor between Mars and Jupiter that extraterrestrial ships use to enter our solar system. Many extraterrestrial ships can remain in an orbiting position there without entering third-dimensional Earth space.

Kadosh — Hebrew word for "holy."

Kadosh, Kadosh, Kadosh, Adonai Tzevaoth — "Holy, holy, holy is the lord of hosts." A well-known phrase from a Jewish prayer that starseeds currently use to unlock the codes of ascension.

karma — In Hinduism, the spiritual principle of cause and effect whereby actions in this life influence the future, either in this lifetime or in future lifetimes.

karma, accelerated — An Arcturian concept that says the effects of your actions can happen immediately instead of waiting for the next lifetime.

karma, cosmic — An Arcturian concept that says karma can be influenced by incarnations on other planets in this galaxy or other galaxies.

ladders of ascension — An etheric ladder downloaded by the Arcturians in various locations around the planet. These ladders can be compared to Jacob's ladder in the Hebrew Bible, in which Jacob, while dreaming, saw angles on a ladder. This ladder was a gateway to the other dimensions. The ladder of ascension is also a gateway for your ascension. It also goes to Juliano's starship. Seven ladders of ascension have been downloaded on Earth.

lightbody — The higher etheric spirit body that is directly connected to one's soul.

meridians (Earth) — Energy channels through the earth that are similar in purpose and function to the meridians in a human body as explained in Chinese medicine. The theory is that if the meridians are blocked, illness or planetary imbalance will follow.

Merkabah — A visionary Egyptian word meaning chariot or traveling etheric vehicle.

Metatron — Tradition associates Metatron with Enoch, who "walked with God" (Genesis 5:22) and who ascended to heaven and was changed from a human being into an angel. His name has been defined as the Angel of Presence, or the one who occupies the throne next to the Divine throne. Another interpretation is that his name is based on the Latin word *metator*, which means "guide" or "measurer." In the world of the Jewish mystic, Metatron holds the rank of the highest of angels, that of archangel. According to the Arcturians, Metatron is associated with the Arcturian stargate and assists souls in their ascension to higher worlds.

Michael — His name is actually a question: "Who is like God?" He is perhaps the best known of the archangels and is acknowledged by all three Western sacred traditions. He has been called the Prince of Light, fighting a war against the sons of darkness. In this role, he is depicted most often as winged and with an unsheathed sword, the warrior of God and slayer of the dragon. His role in the ascension is focused on helping us cut the cords of attachment to the Earth plane, which will allow us to move to higher consciousness.

multidimensional presence — We exist on several different dimensions simultaneously.

multiverse — This is a term used to describe the existence of many universes.

neutralization — The process whereby you can stop negative energy from attacking your energy field or aura. Those who are doing negative actions toward you usually want to take energy away and create an energy deficit. Neutralization means that their actions can no longer take away energy from you or the planet.

noorelativity — The ability to interact with and change in a positive direction the noosphere. It is based on principles similar to biorelativity. The difference is that in noorelativity, you use your powers of thought energy to create and enhance the evolution of both planet Earth and humanity. Thought fields exist and influence the noosphere. Thought forms downloaded into the noosphere create and shape this reality.

noosphere (planetary) — The thought energy field contained in Earth's aura. It can be compared to the planetary subconscious, but it is more than that. The noosphere contains the accumulated collective thought energy of all beings on Earth, past and present. The noosphere is composed of an energy field of subatomic thought particles, or thought waves. These subatomic thought particles exist around planetary bodies in the universe, and they allow the thought energy around a planet to be stored and transmitted instantaneously across the universe at speeds faster than the speed of light (186,000 miles per second). The noosphere affects the overall planetary energy field.

null zone — A zone outside the third dimension and not necessarily in any other dimension. It is an area outside our space-time universe structure, and it's where time is nonexistent. Some have speculated that the photon belt contains null zone regions and that Earth was temporarily in this null zone until the year 2011.

ocean reserve of light — An extension of the planetary city of light project. The goal is to establish small ocean reserves that can be linked to fifth-dimensional energy. This could occur in bays, shorelines, and other special ocean areas.

omega light — This is a fifth-dimensional light that has high healing properties. The light can help transcend the world of cause and effect and can help produce miraculous healings. You can increase the effects of this healing light by saying, "Omega light."

omega man or woman — The beautiful image of the omega man represents the perfected evolutionary point of humanity.

Or HaKadosh Baruch Hu — Hebrew phrase for "Holy light, blessed is he."

Orion — A superb constellation that dominates the southern winter sky. The most striking part of the constellation is the belt, which consists of three bright stars. No other constellation contains so many bright stars. Rigel, which is outside the belt, for example, is a giant star more than 500 light-years away. Betelgeuse, another star outside the belt in Orion, is about 300 light-years away.

Orions — An extraterrestrial culture that descended from another ancient civilization near the constellation Orion.

parasitic attachment — Refers to the physical method with which a parasite (a being wanting energy) sends out attachment structures, or hooks, to its host in order to suck energy from the aura.

path work in the Arcturian Tree of Life — There are twelve spheres on the Arcturian Planetary Tree of Life and more than twenty-two lines, or paths, that connect these spheres. The paths help us connect energetically

to the spheres, which are often separated into pairs of opposites. The path work then provides the lessons needed to integrate the opposite spheres.

photon belt/energy — An energy emanating from the center of the galaxy that is about to intersect with our solar system and Earth. Some have predicted that the photon belt contains energy particles that could affect Earth's magnetic field, causing all electronic equipment to stop working.

planetary cities of light — Cities of light designated by the Group of Forty project codirector David K. Miller. To obtain this designation, four Group of Forty members must work or live in a city and agree to meditate and work with the energy of the city to help make it more fifth dimensional. A special activation ceremony that includes placing crystals around the city is performed along with a special global meditation ceremony. There are currently forty-five planetary cities of light now activated around the world.

planetary city of light activation — A special ceremony led by Juliano, the Arcturian master, and channeled through David K. Miller, in which a new city of light is activated and brought into the planetary city of light network.

planetary city of light network — Refers to the fact that all planetary cities of light are part of a global network. When a planetary city of light becomes part of the network, they can benefit and interact with the energies and in the projects of all cities of light around the globe.

planetary ocean reserves of light — Similar to the planetary cities of light but based on special ocean reserves. The idea is to preserve ocean areas as if they are national parks. The Group of Forty has helped to develop almost ten ocean reserves of light around the globe.

Pleiades — A small cluster of stars known as the Seven Sisters in some mythologies. Some Native Americans believe they are descended from the Pleiades. The system is near the constellation Taurus, about 450 light-years from Earth, and it is the home of the Pleiadians, who have frequently interacted with Earth and her cultures. It is said that the Pleiadians have a common ancestry with us.

portal — An opening at the end of a corridor that allows you to go into an interdimensional space.

pulsing — Describes the speed or vibration of the aura.

pung — A term that originated in the Chinese Tai Chi martial arts world. It describes the elasticity, resiliency, and reflected bounce of someone's energy field. When someone has good pung, then negative energy easily bounces off his or her aura, protecting his or her energy field.

quantum healing — Involves transcending the laws of cause and effect and the normal logical thought processes on Earth. It can include shamanistic healing, sound or vibrational healing, and any technique that uses fifth-dimensional energy.

Quan Yin — A female ascended master of the spiritual hierarchy. In her previous incarnation, she performed many acts of kindness and compassion, and she is known as the Goddess of Mercy.

reset concept — A reset of Earth involves temporarily shutting off the old paradigms so that a new wave of energy and paradigms could be used to move Earth in a new direction. See "first contact."

reticular activating system — In neuropsychology, this describes a valve in the interior of the brain stem that, when open, allows for higher perception. This neurological system is also involved with wakefulness, arousal, and some aspects of sleep. It is also called the "ascending arousal system."

ritual purification — The Arcturian process for purification now involves detaching from third-dimensional energies, concerns, and Earth attachments in general. Purification is a process in which binding energy is removed from earthly concerns. Some of these concerns are part of everyday life, worries that everyone has. Becoming purified for the ascension means you would not be focused on or have the energy for the mundane or the daily business on Earth. You would not have any energies or attachments to negative interactions with other people. The technique for ritual purification involves doing the shimmering exercise.

Sacred Triangle — A term used by the Arcturians to denote the unification of three powerful spiritual forces on Earth: the Brotherhood-Sisterhood of Light ascended masters, including Sananda/Jesus; the extraterrestrial higher-dimensional masters, such as the Arcturians and the Pleiadians; and the Native American ascended masters, such as Chiefs White Eagle and Buffalo Heart. The unification of these spiritual forces will create the Sacred Triangle that will aid in the healing and ascension of Earth.

Sananda — the galactic name of Master Jesus, an evolved being who is known and does work throughout the galaxy.

shimmering — A methodology taught by the Arcturians in which third-dimensional starseeds are upgraded into a fifth-dimensional modality. On a personal level, shimmering allows your auric field to vibrate at a frequency that enables the aura to shift the electrons. The atomic structure of your cells transmutes into a vibratory energy field that shifts the cellular structures into the fifth dimension, causing a back-and-forth, or "shimmering," modality. This modality actually affects the atomic and quantum levels of your cellular structures. It is also possible to do a shimmering exercise for Earth, which will help in its ascension. Shimmering is the precursor to the ascension.

sixth mass extinction — Some scientist believe that Earth is in the process of its sixth mass-extinction, an event that has taken place over the past 540 million years. The asteroid that hit Earth 66 million years ago was the most recent mass-extinction event, killing off the dinosaurs and over 90 percent of Earth's plant and other animal species. The current mass-extinction event is described as a biological annihilation of wildlife, including the loss of regional and local populations of animal and plant species. It is mainly the result of human activities such as excessive meat consumption, overfishing, ocean acidification, and general human overpopulation.

stargate — A multidimensional portal into higher realms. The Arcturian stargate is very close to the Arcturus star system, and it is overseen by the Arcturians. This powerful passage point requires that earthlings who wish to pass through it complete all lessons and Earth incarnations associated with the third-dimensional experience. It serves as a gateway to the fifth

dimension. New soul assignments are given there, and souls can then be sent to many different higher realms throughout the galaxy and the universe. Archangel Metatron and many other higher beings are present at the stargate. Many people use the term “stargate” to refer to openings on Earth to higher dimensions, but they are describing corridors. The stargate is a magnificent, temple-like, etheric structure that can process and transform many souls.

starseed spirituality — A cosmic view of spirituality that includes such concepts as galactic spirituality. Starseed spirituality is based on the existence of multidimensions and ascended masters.

starseeds — People who have or are born with the awareness of galactic consciousness. Starseeds may also have memories of past lifetimes on and feel connected to civilizations from other planets, such as the Pleiades or Arcturus. Some starseeds have come to Earth at this time to assist her in this evolutionary transformation.

stages of planetary development — The Arcturians report that there are five stages of planetary development. Earth is at the end of stage one, a crisis of survival versus self-destruction. Stage one also exhibits conflict between spiritual wisdom and technology. The other stages of development involve the planet’s adoption of spiritual values that allow it to overcome the crisis of stage one.

Teilhard de Chardin — A twentieth-century French philosopher who wrote that people are evolving toward a higher point in species development. He referred to this higher stage of evolution as moving toward the omega point.

thought constructs and thought fields — Similar thoughts join to create a thought field or an energy field. Thought constructs are composed of multiple thoughts that form a series of mental energy that helps to create realities on Earth

thought projection — A technique described by the Arcturians involving projecting thoughts through a corridor to reach the fifth dimension and beyond.

Tikkun — In the Kabbalah, the Hebrew word for "repair of the world." The Arcturians have expanded this concept to include planetary healing, or repairing Mother Earth. In Hebrew, this term also means "restoration," or "the divine restoration of the cosmos."

Tomar — An Arcturian ascended master whose specialty is using and describing the Arcturian temple energy.

tones and sacred sounds — Sounds producing a vibratory resonance that helps activate and align the chakras.

tools of ascension — Spiritual tools offered by the Arcturians and other spiritual masters to assist starseeds in learning the techniques to accelerate ascension work. Some of the spiritual tools include receiving past-life therapy, shimmering, and releasing attachments to third-dimensional reality.

Tree of Life — The Tree of Life was first downloaded by the ancient Kabbalistic rabbis and contains a galactic blueprint for the creation of this reality. It includes ten energy codes placed in spheres in the shape of a tree. The Tree of Life is always multidimensional and holographic. The Tree of Life has pathways for manifestation found in its twenty-two lines. The Tree of Life connects to the energies of the cosmos.

twelve etheric crystals — Part of the Arcturian Planetary Tree of Life. They represent the twelve spheres in the tree of life and have been downloaded by the Arcturians with the help of Group of Forty members in Lago Puelo, Argentina; Volcan Poás, Costa Rica; Copper Canyon, Mexico; Mount Shasta, California; Mount Fuji, Japan; Bodensee, Central Europe; Istanbul, Turkey; Lake Taupo, New Zealand; Grose Valley, Australia; Lake Moraine, Alberta, Canada; Serra da Bocaina, Brazil; and Montserrat, Spain.

unity thinking — The ability to create a thought form that unites the higher dimensions with the lower dimensions. Unity of thoughts repairs or heals the third-dimensional reality.

vibrational speed of the aura — Describes the pulsing speed of the aura.

The faster it pulses, the higher the consciousness you can experience.

von Däniken, Erich — Author of the book *Chariots of the Gods*. This book describes his personal exploration of ancient sites, which the author says proves that ETs have visited Earth in the past.

Vywamus — An ascended master who is considered an expert on soul psychology.

walk-ins — Humans who have received other spiritual entities in their bodies. The term is also used to refer to a new spirit that has entered the body. In some cases, the original spirit of the person may have left (for example, after an auto accident or some other form of severe trauma) and a new spirit "walks in" to the old body. This is always by agreement of the person vacating the body, before incarnating, to allow the body to continue in service after a particular incarnation is complete. It also allows the walk-in spirit to skip the process of childhood and adolescence to get straight to their mission on Earth. The walk-in agrees to honor the commitments of the previous occupant's life.

White Buffalo Calf Woman — In Lakota Native American folklore, she is the fifth-dimensional spirit being who appeared to them, bringing forth special information about holy ceremonies and accessing higher spirit. She taught the necessity of being in harmony with Earth. Her focus is on the unity of all beings. She is representative of the dawning of a New Age.